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GYMNASIUM CATALOGUE

A. G. SPALDING
& BROS.





A. G. SPALDING & BROS. GYMNASIUM AND ATHLETIC CATALOGUE

NOV 22 1899

Containing a full and complete
description of gymnasium
apparatus and appliance
Useful hints regarding
health and instructions
pertaining to
Athletics
and
Gymnas-
tics

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42103 W

CHICAGO.
108
MADISON ST.

NEW YORK
WHOLESALE AND MANUFACTURING
492-494 BROOME ST.
RETAIL DEPARTMENT
241-243 BROADWAY.

PHILA-
DELPHIA
1032 CACENUT
ST.

WE have been experimenting for years on gymnasium apparatus, to get it as near perfection as possible in every particular. After experimenting through others, that is, furnishing the manufacturers of this class of work with ideas, and depending upon them to reproduce them in the machine, without success, we concluded that the only way to make a complete success of this department of our business, was to do the manufacturing ourselves. To this end we started a manufacturing plant in Philadelphia, where we now make all of our gymnasium apparatus, together with all the accessories that go to make up a fully equipped gymnasium.

All the goods contained in this catalogue will be manufactured by us solely, and will bear our trade mark, which will be a guarantee of their superior quality. All of our apparatus are of a special style, and manufactured under letters patent owned by us.

THE ATTENTION

of all persons interested in gymnasium work and systematical physical culture is called to the following description of our special line of apparatus, the most important of which, according to the best authorities, is the *chest weight* and its *attachments*, such as *chest expanders* and *developers*, *wrist*, *ankle*, *leg*, *head* and *neck harness*, etc. In our pulley weight system throughout, we use cone-bearings for all frictional parts.

All the pulleys used by us are of iron, trued up by turning, the centres are bushed with an anti-friction fibre that is self-lubricating. The cone-bearings have a thread adjustment, which permits the wear, should there be any, (which would occur only

after years
of use, if then,) to be
taken up, thus retaining at all times a perfectly true and noiseless seat. Another point of superiority we claim in this piece of apparatus is the *flat steel guide rod*, which we substitute for the double round iron rods used in all other make of machines.

The use of this style of rod reduces the friction nearly one-half, and being made out of spring steel it is impossible to bend it out of shape.

In a *machine* built in this manner, you will not only get *practically* an *indestructible machine*, but you get one that is *positively noiseless* and one that will remain so through *years of use*.

All of our pulley weights are shipped complete, ready to be set up unless ordered otherwise. Every piece that leaves our factory is set in position and thoroughly tested. Accompanying each illustration in the catalogue is a detailed description setting forth the purposes of the apparatus in question.

CARE OF APPARATUS.

Gymnasium apparatus, like everything else, requires some *attention*, and in a well *regulated* gymnasium some one should be given this *special* duty to perform. *Abuse* will do more harm in an hour than *use* would in a year.

In regards to oiling our apparatus a little of it goes a great way. The only parts about the wall machine to be *oiled* are the *cones* at the *swivel joints*, and then only a drop or two twice a month, and a drop occasionally on the handles between the wood and the centre pin. In no case need the *pulley bearings* nor the *guide rods* for the *weight carriages* be oiled. On the *No. 0 Vaulting Horse* and *Buck* a drop of oil on the *elevating screws* and the *gear wheels* will be of benefit *occasionally*.

All the friction machines and sliding seats of the rowing attachments should be lubricated with *plumbago* as oil will retard



their action. *By observing these points* it is possible to have almost a noiseless gymnasium as far as the working of the apparatus is concerned.



No smoking.

No eating.

No lounging.

No reading, except instructions.

No one should be permitted to use any apparatus concerning which practical instructions have not been given.

No unnecessary talking.

All apparatus must be replaced after using.

Implicit and immediate obedience to the instructor is required.

No one should be permitted on the floor, unless in gymnasium costume ; for instance, a jersey, knee-breeches, long stockings, and gymnasium or tennis slippers. There should be a stated time at which the gymnasium will be open.



When a man or boy comes to you for instruction, especially if he does it as a means of improving health, be sure to examine him carefully as to his development, strength and condition. Compare this with the average of a person of the same age, and upon the result of this investigation you can have a good line of training. Any other method will fail, as a rule. Re-examine from time to time, and thus note changes, so that you may know how to alter your instructions. All class work for all comers is a very bad practice, as it over-exercises some parts, leaves others with too little work, and often stunts the growth, diminishes the appetite, causes loss of sleep, or breaks down the individual. Individual work is by far the best, just as much so as the individual treatment of patients is better than class treatment.

A pale face and livid lips after active exercise is a bad sign. Pupils so affected had better be examined by a good physician, for though they may not drop dead at once from heart disease, it is very likely that such a person will develop some serious heart disease by over-exercise that will cause death some years later.

GYMNASIUM OUTFITTING.

We especially invite correspondence relative to fitting up gymnasiums. We are ready at all times to give all the information that we can on this subject to parties desiring it. We will also furnish floor plans drawn to scale to clubs and associations who contemplate putting in gymnasium apparatus.

In writing us on this subject it will be necessary to give the dimensions of the room, together with the height of the ceiling, also the location of windows and doors.

When requesting an estimate upon a list that you have decided upon please be careful and mention the catalogue numbers on each piece of apparatus; this will save both time and misunderstanding.

We could fill a book with testimonials, all extolling the merits of our work, but not to be tiresome select three from well known professors of physical culture :

NEW YORK, July 20, 1891.

MESSRS. A. G. SPALDING & BROS.:

Gentlemen It gives me great pleasure to recommend anybody and everybody who has a gymnasium to be fitted, to your house, and in so doing I give myself no further thought, for I know they will be pleased. I would exchange my equipment for none of its kind I know of to date. The chest and other machines are absolutely noiseless and their equal I have yet to see. The new adjustable horizontal bar is a success, and perfectly rigid, while the horse, parallel bars and leather work in general are everything that can be expected. I have recommended your house to many, and do not hesitate to say I shall give you the preference in fitting both my branch and new ladies' annex, which I am now planning.

Yours very truly,

W. L. SAVAGE.

PHILADELPHIA, July 1, 1891.

A. C. SPALDING & BROS.:

Gentlemen—We have had your line of gymnasium apparatus in constant use in the A. G. S. N. Gymnasium for nearly two years, and I take pleasure in stating that it has proven satisfactory in every particular. The chest weights, in my opinion, are superior to any that I have seen, both in durability and easy running; and all the bearings are as good to day as when they were first placed in position. The triple horizontal bars continue to give excellent satisfaction, the telescoping principle being the feature that now (after using them), in my mind, is indispensable, as the three bars can be raised out of the way in a moment's time. The balance of the apparatus furnished by you gives the same satisfaction, and evidences the same degree of excellence in principle and wear.

Yours truly,

FRANK HENDERSON,

Director A. C. S. N.

PHILADELPHIA, July 1, 1891.

A. G. SPALDING & BROS.:

Gentlemen—The apparatus that you furnished the New York Racquet Club is giving entire satisfaction. Your principle of chest weight I particularly admire, as in my mind the flat spring steel rod is far superior to the old style of double rod for weight carriage. The cone bearings and anti-friction bushings give every evidence of verifying your prediction of "practical indestructibility."

Yours truly,

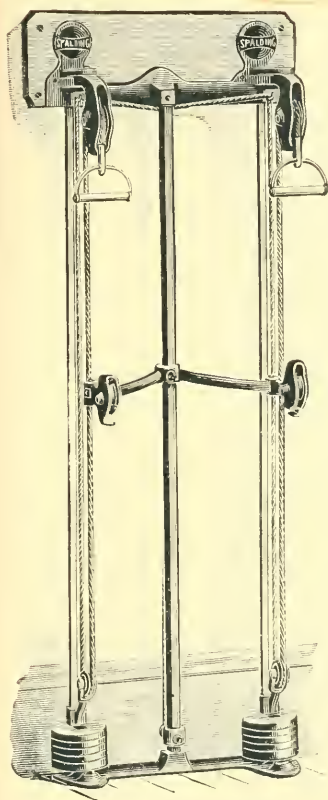
JAMES O'NEIL.



We have made a decided improvement on this machine from that of our No. 1 O. K. of last year. *Instead* of the iron guide rods we use a *flat spring steel rod*, the bushings in the weight carriages are buckskin instead of wood (requiring no lubrication), for the centre bar we have substituted *square machinery steel* for iron pipe; this does away with all possibility of the centre arm shifting. The pulleys are of iron and trued from centre, and have anti-friction bearings, requiring no oil. This piece of apparatus is six feet high and twenty inches wide.

A *simple device* on the centre bar is used to lengthen and shorten the rope, so all the changes that this machine is capable of are made without the addition of extra rope. *The rope* used is of a *new design*, and is guaranteed to outlast all other styles of gymnasium cord. The *numerous changes* that this machine is susceptible of are brought about by the raising and lowering of the centre bar, and requires but a fraction of a minute to do it.

With a series of these machines, which includes the Victor No. 1 and the Victor No. 2, with Back Board and Rowing Attachments, you have the making of every possible wall appliance. In *class work* there is no doubt that the Victor Machine has *decided advantages* over all other styles.

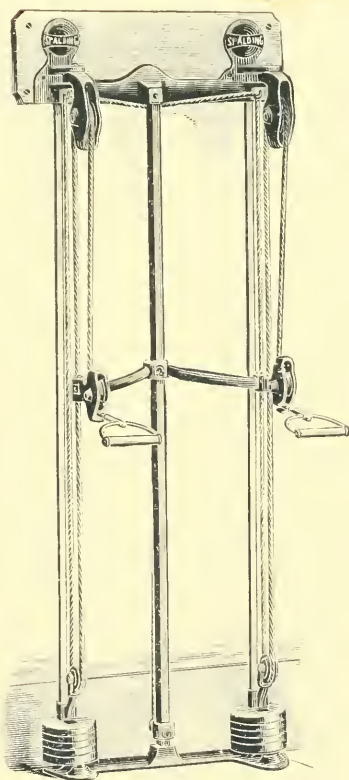


1A.

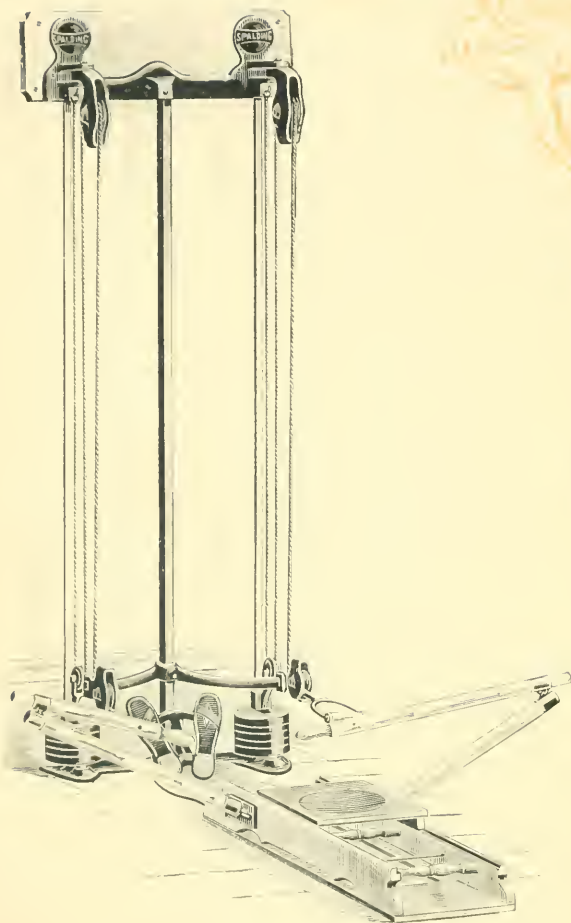
Nos. 1A and 1B. Japanned,
each, ... \$20 00

Nos. 1A and 1B. Nickel
Guide Rods, Centre Bar,
Pulleys and Mountings,
each, ... \$30 00

Furnished complete with 30
lbs. of weights, ash wall board,
and all the necessary screws,
etc., crated ready for shipping.



1B.



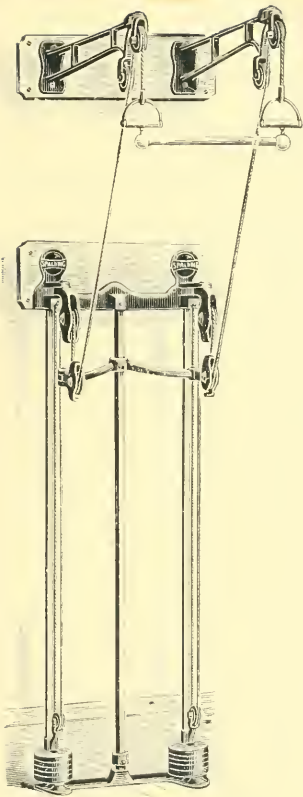
No. 1J.

- | | | |
|---------|---|---------------|
| No. 1C. | Jappeded, ... | each, \$20 00 |
| " 1C. | Nickel Guide Rods, Centre Bar,
Pulleys and Mountings, ... | 30 00 |
| " 1J. | With Rowing Attachment, Ja-
papped, ... | 26 00 |
| " 1J | With Rowing Attachment,
Nickel Guide Rods, Centre
Bar, Pulleys and Mountings, ... | 30 00 |

Furnished complete with necessary Back-boards, Screws, etc., crated ready for shipping.



1C.

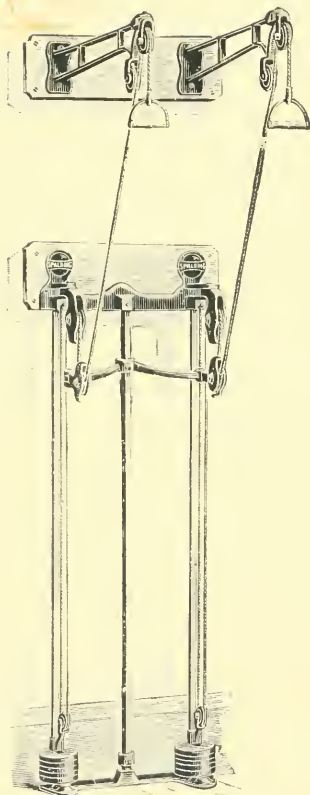


No. 1G.

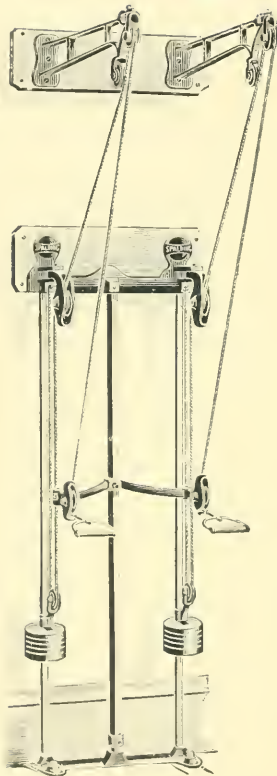
The "Top Bracket" Attachment is a decided improvement over the ceiling pulley, inasmuch as it gives a uniform length of rope to each machine. The ceilings in a majority of the gymnasiums are very high, and when the rope wears out or slips off the pulley, it is quite a job to fix it. By using the "Top Bracket" all that can be avoided. There is no necessity of having the top pulleys higher than eleven feet from the floor, and in that case an ordinary step-ladder will answer the purpose. The ropes run on double pulleys, one swivels and the other is rigid. As a consequence the rope remains in the bed of the pulleys always, no matter at what angle the rope is worked, hence there is no chafing of rope.

No. 1G or No. 1H. Japanned. Each . . . \$27 00
 No. 1G or No. 1H. Nickerled Guide Rods, Center Bars, Pulleys and Mountings. Each . . . 37 00

Furnished complete with 30 lbs. of weights, ash wall board and all necessary screws, etc., crated ready for shipping.



No. 1H.

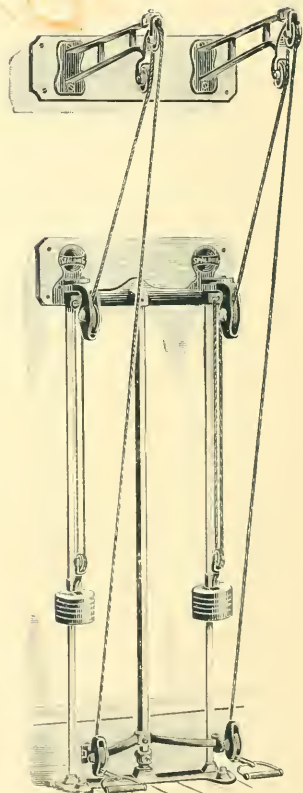


No. 1K.

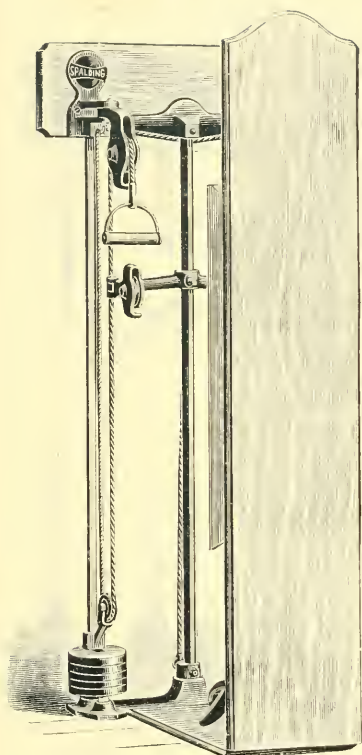
No. 1K or No. 1L. Japanned, each, \$27 00

No. 1K or No. 1L. Nickerled Guide
Rods, Centre Bar, Pulleys and
Mountings each, ... 37 00

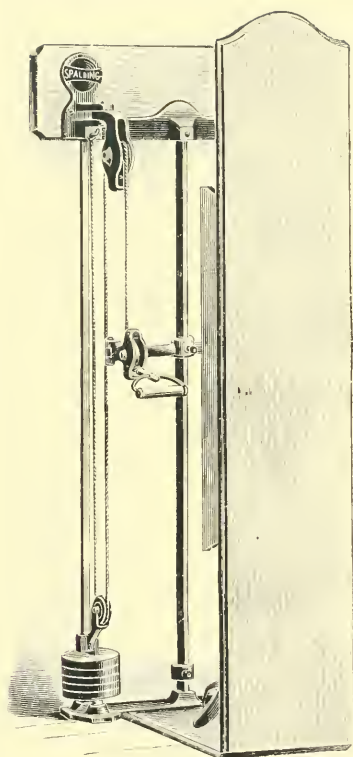
Furnished complete with 30 lbs. of weights, ash wall boards, all necessary
screws, etc., crated ready for shipping.



No. 1L.



No. 2A.



No. 2B.

WITH COMBINATION ROWING AND BACK BOARD AT- TACHMENTS.

The Victor No. 2 is the same in construction and appearance as the No. 1, excepting that it is 4 ft. 8 in. high instead of 6 ft. The addition of the back board and rowing attachment does not interfere with its use as an ordinary wall or back and loin machine. With these adjuncts it is one of the most valuable machines in a gymnasium. The back board is made of finely finished ash, with the rowing machine on the inside, the same is furnished with a vulcanized fibre seat which runs on steel slides and makes no noise. The board can be raised or lowered without the seat dropping off.

No. 2A or No. 2B. Japanned

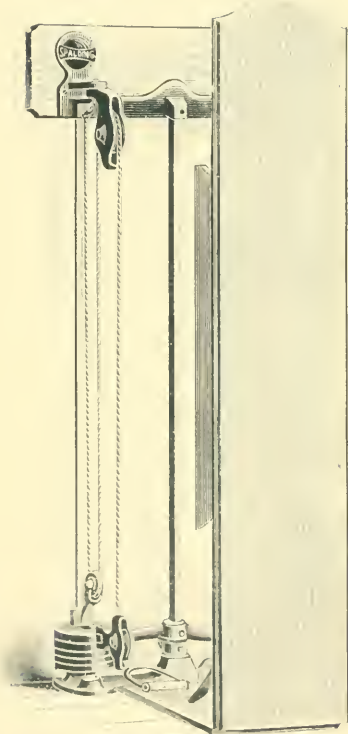
\$30 00

No. 2A or No. 2B. Nickeled Guide Rods and Mountings

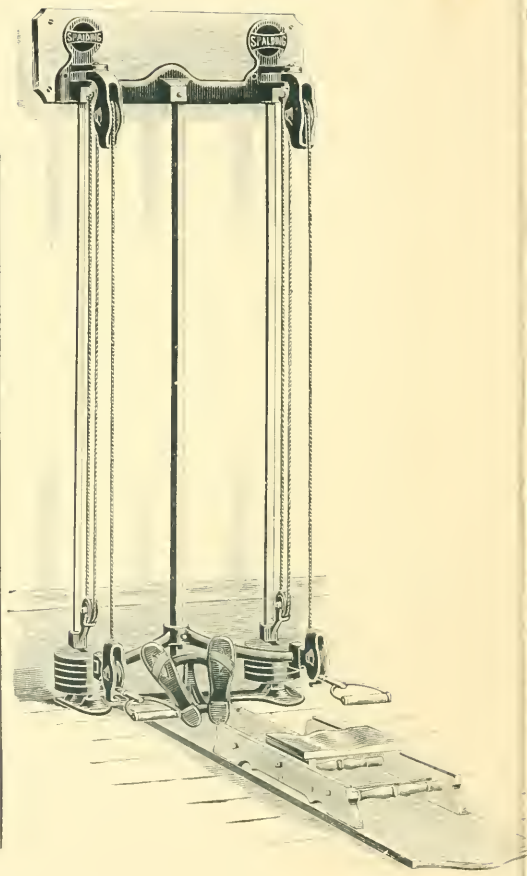
10 00

Furnished complete with 30 lbs. of weights, ash wall board and all necessary screws, etc., crated ready for shipping.

*The Victor
No. 2*

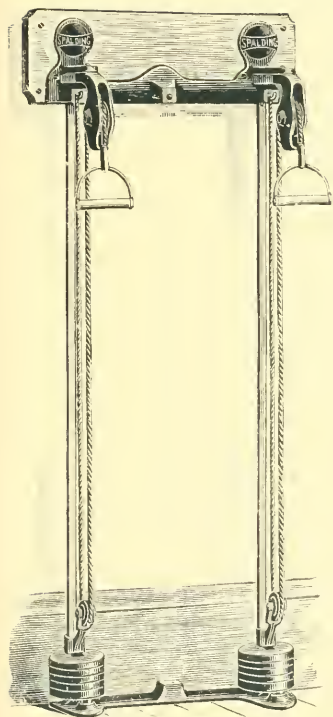


No. 2C.



No. 2J.

No. 2C. or No. 2J. Japanned, each \$30 00
 No. 2C. or No. 2J. Nickeled Guide Rods and Mountings, each 40 00
 Furnished complete with 50 lbs. of weights, ash wall board, and all necessary screws, etc.,
 crated ready for shipping

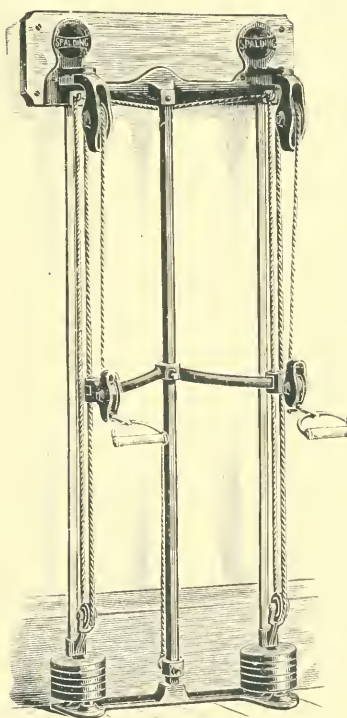


No. 3.

The Victor No. 3 is constructed with flat steel spring guide rods $1\frac{1}{4}$ in. wide by $\frac{1}{4}$ in. thick. Iron pulleys $3\frac{1}{4}$ in. in diameter, trued from center, with anti-friction bearings, similar to the Victor No. 2. Size, 4 ft. 8 in. high, finished in japan and gold. The pulleys, guide rods, handles and mountings are handsomely nickeled.

No. 3. Victor, with 30 lbs. of weights

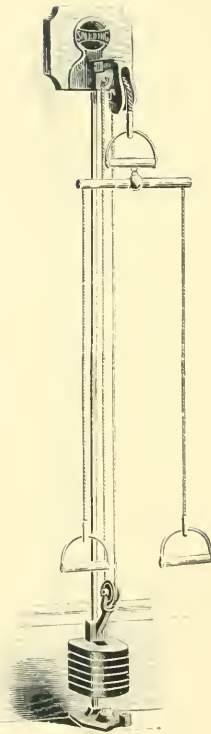
No. 3X. Victor, with center rod, adjustable arm as shown in cut No. 3X, with 30 lbs. of weights



No. 3X.

\$18 00

22 50



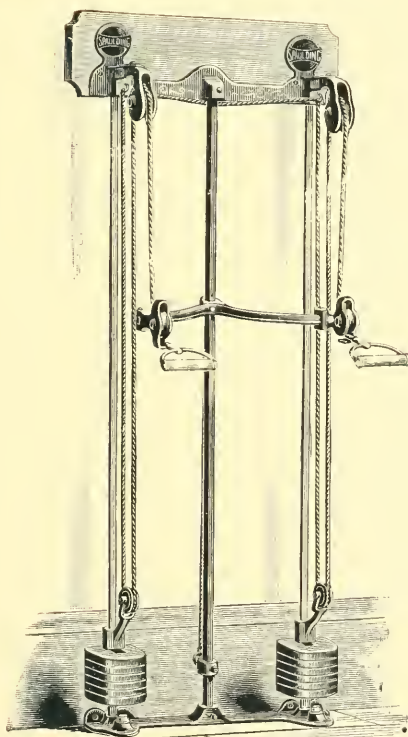
No 4.

The Victor No. 4 is constructed with one steel guide rod, $1\frac{1}{8}$ in. wide by $\frac{1}{4}$ in. thick with single pulley hanger, and with iron pulley $3\frac{1}{4}$ in. in diameter. Furnished with cross bar and double handles for two-handed exercise. The pulleys, guide rods, handles and mountings are handsomely nicked, the balance of the machine is finished in japan and gold.

No. 4. Victor, with 15 lbs. of weights \$10.00

All of the above machines furnished with ash wall board, necessary screws, etc., crated ready for shipping.

VICTOR NO. 5
NEW PEERLESS
MACHINE

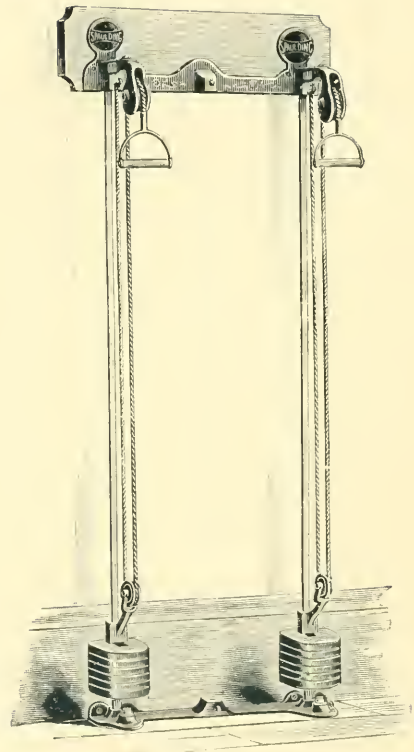


No. 5.

The Victor No. 5, or new Peerless Machine is the same as the No. 2 Victor with the exception that it is made of lighter material and is designed for home and light gymnasium use. A useful addition to the No. 5 Victor is the "Top Bracket," where the ceiling is high enough to permit it. (9 ft. or over.)

No. 5.	The Victor, Japan finish	\$12 50
No. 5A.	" Nickel trimmings	16 00
	The top bracket, Japan finish (additional)	5 00

Furnished with ash wall board finely finished, and all necessary screws, book on Physical Culture, all crated ready for shipping.



No. 6.

THE VICTOR No. 6.

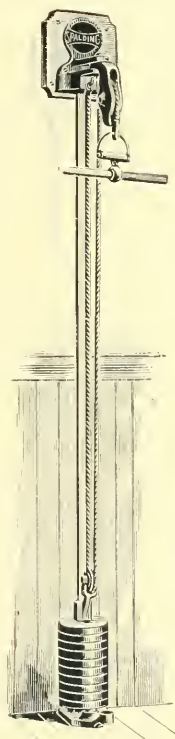
The Victor No. 6 is without the center bar and adjustable arm attachment, making it a simple but practical chest machine at a popular price. In other respects it is similar to the Victor No. 5.

No. 6. The Victor, Japan finish \$10 00

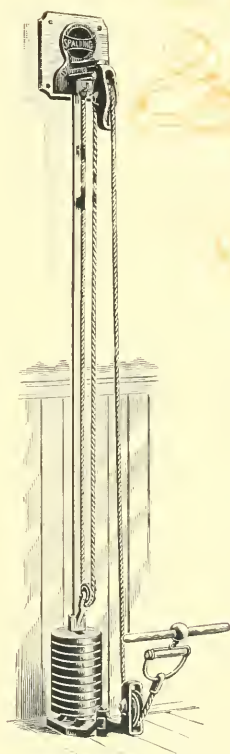
THE VICTOR No. 7.

Same as Victor No. 4, only lighter in every respect, for home and light gymnasium use.

No. 7. The Victor, Japan finish \$6 00



Nos. 8 and 9, Giant.



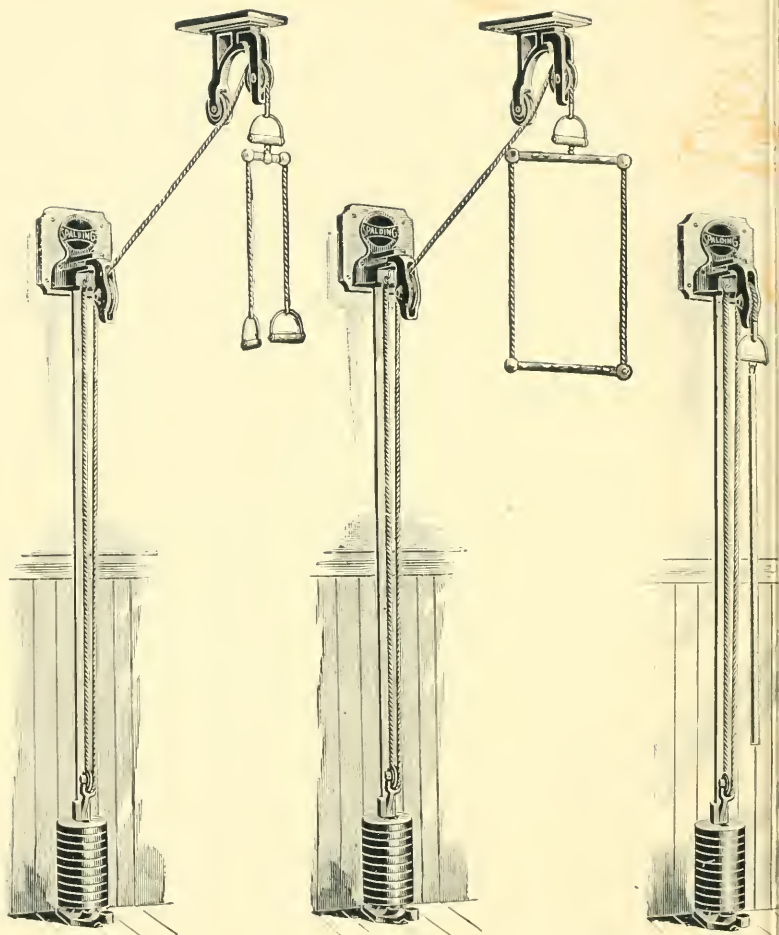
8A-9A, Back and Loin.

THE VICTOR SINGLE "HIGH GIANT" PULLEY WEIGHT.

The same as the Single Victor Pulley Weight, excepting that it has a longer weight carriage, more weights, and is 8 feet high. The Giant Pulley straightens the back and fills out the back and chest.

- | | | | |
|---------|--|---------------------|-----------|
| No. 8. | Victor Giant Pulley, same as No. 4. | 30 lbs. of weights, | . \$12.00 |
| No. 9. | Victor Giant Pulley, same as No. 7. | 15 lbs. of weights, | . 8.00 |
| No. 8A. | Is the Victor Giant No. 8, with lower pulleys for back and loin development, | | 13.00 |
| No. 9A. | Is the Victor Giant No. 9, with lower pulleys for back and loin development, | | 9.00 |

Furnished with ash wall board, necessary screws, etc., crated ready for shipping.

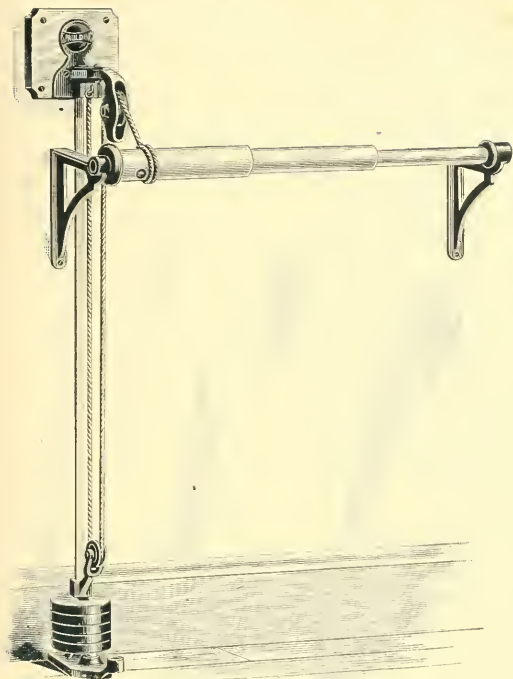


No. 8B or 9B.

No. 8C or 9C.

No. 8D or 9D.

- No. 8B. Is the Victor Giant No. 8, with the addition of a ceiling pulley and a split handle attachment. 30 lbs. of weights, each, \$16 00
- No. 9B. Is the Victor Giant No. 9, with the addition of a ceiling pulley and a split handle attachment. 15 lbs. of weights, 10 00
- No. 8C. Is the Victor Giant No. 8, with ceiling pulley and cross bar attachment. 30 lbs. of weights, 16 00
- No. 9C. Is the Victor Giant No. 9, with ceiling pulley and cross bar attachment. 15 lbs. of weights, 10 00
- No. 8D. Is the Victor Giant No. 8, with the addition of paddle attachment. 20 lbs. of weights, 12 50
- No. 9D. Is the Victor Giant No. 9, with the addition of paddle attachment. 10 lbs. of weights, 9 00
- Furnished with ash wall board, necessary screws, etc., crated ready for shipping.



No. 401-701.—Wrist Machine.

It consists of the single Victor, No. 4 or 7, with grade wrist roller made of hard wood, the brackets for roller are made so that they can be set horizontal or vertical. There is nothing better than this appliance to strengthen the front and back forearm muscles. It should be grasped with the hands turned palm down, and turn toward the wall if it is desired to exercise the front forearm muscles. The reverse motion calls into play the muscles of the back of the forearm. This machine also strengthens the grip, especially if the narrow end be used.

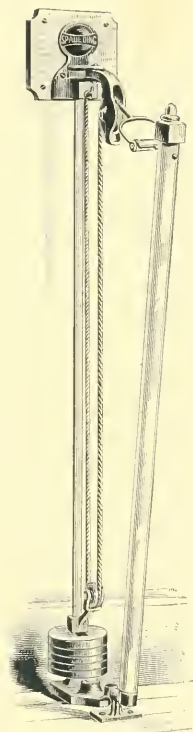
No. 401. 15 lbs. of weights, \$13 00 | No. 701. 6 lbs. of weights, \$9 00

Furnished with ash wall board, necessary screws, etc., crated ready for shipping.

SCULLING MACHINE.

It is the single Victor Machine, No. 4 or 7, with sculling pole attachment. The feet should be placed opposite the bottom of the pole and a little distance away; the toes should be turned out and the heels together; then the upper part of the pole is grasped with one or both hands and moved as far down and out to either side alternately and as quickly as possible. This movement brings into play the muscles of both sides of the trunk and most of those of the legs and arms. The grip and inner thigh muscles are considerably strengthened by this exercise. If done quickly, it proves very invigorating and quickly leads to perspiration.

No. 400. 15 lbs. of weights . . . \$12 00 | No. 700. 6 lbs. of weights . . . \$8 00

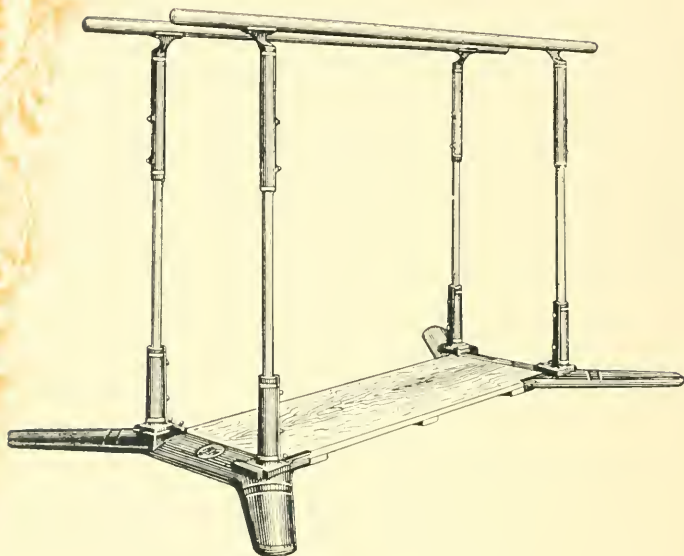


No. 400-700.

Sculling Machine.

SPALDING'S

SPALDING'S PARALLEL BARS.

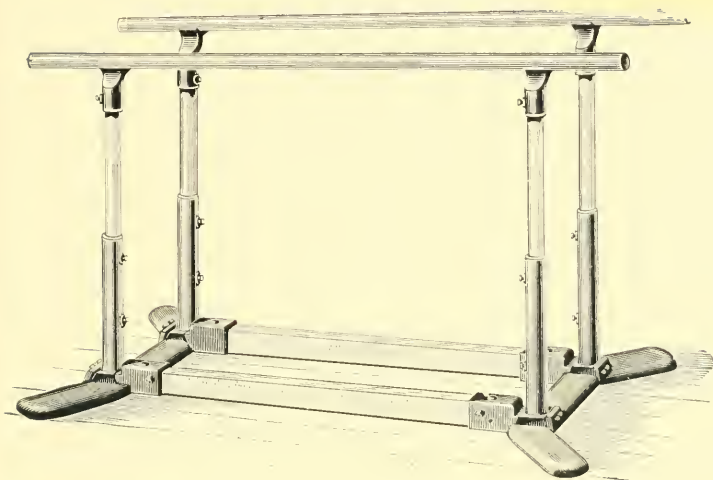


No. 78.

The platform of this bar is so shaped that it cannot raise from the floor, no matter how "heavy" the exercise. The approaches are iron, connected with a $1\frac{1}{2}$ ash plank, full width of bars. The uprights are steel and set in iron sockets. This parallel bar is adjustable both in height and width, and has rubber casters, so it can be moved easily. The hand rails are egg-shaped and made of selected material.

Price \$60.00

SPALDING'S PARALLEL BAR,



No. 79. This bar is adjustable both in width and height. The base is our special design and cannot upset. The hand rails are egg-shaped and made of selected material.

Price \$35 00

SPALDING'S PARALLEL BAR, No. 80.

Have iron sockets, with iron pipe uprights, and are adjustable in height, Without platform. Made to bolt to the floor.

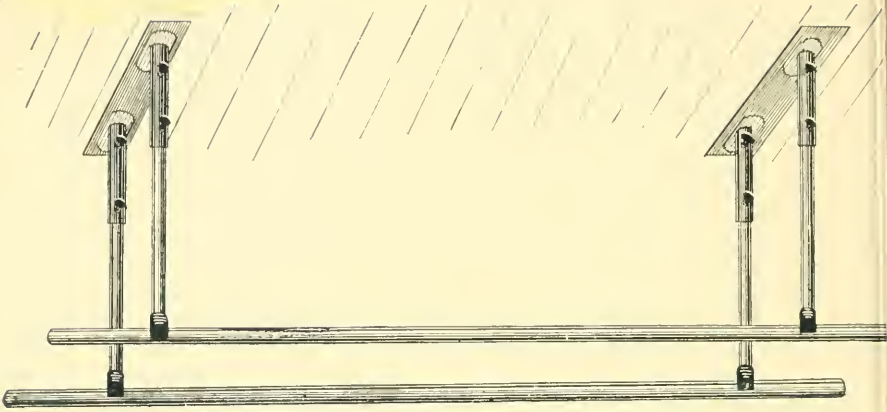
Price \$20 00

SPALDING'S PARALLEL BAR, No. 81.

Same as No. 80, excepting that they are 12 ft. long instead of 8 ft., and have two additional uprights.

Price \$30 00

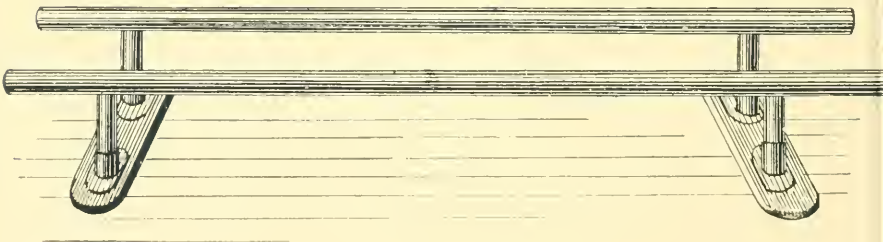
SPENDED PARALLELS.—No. 82.



These Bars are made the same as our No. 80 Parallels, excepting that they are bolted to heavy ash cross-pieces.

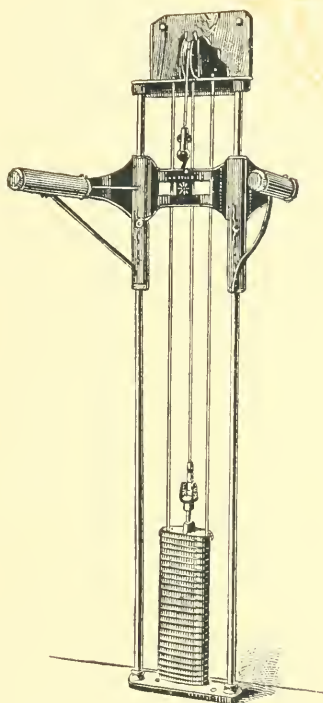
Price \$20 00

SPALDING'S LOW PARALLEL —No. 83.



These Bars are fitted with iron uprights and ash cross pieces, and are portable.

Price \$12 00

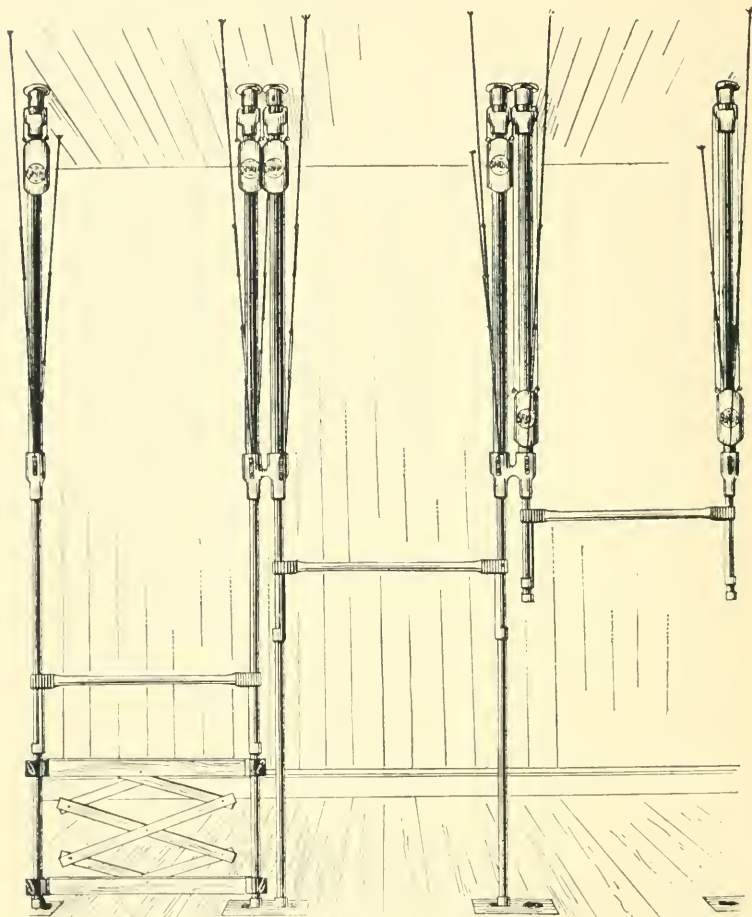


No. 48.

The sliding parallels are excellent substitutes for the horizontal parallels in the case of those who are so weak in the chest and arms that dipping is impossible. All such can eventually learn to dip by regularly using this machine. It is especially good for women and girls. Let them come up to their full height with the hands under the arm-pits, keep the chest out and the head up, and then push down without changing the position of the body.

No. 48. Japanned, Nickered Rods . . . \$25 00

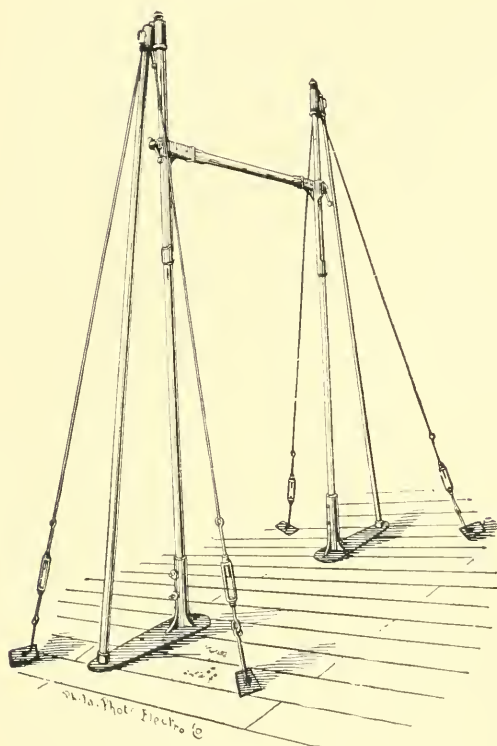
SPALDING'S NEW TELESCOPED HORIZONTAL AND VAULTING BARS.



Beyond a doubt the most useful Horizontal and Vaulting Bar ever made, so styled by all gymnasiums using them, a few of which are the A. C. S. N., Philadelphia, Southwark Turn Verein, Philadelphia, Dr. Savage's Physical Institute, New York City, etc. In material and construction they are the same as our Combination Turners' Bars, excepting that they are suspended from the ceiling. The upper or suspended part is 2-inch pipe with counterweights that slide on the outside. These are attached to a wire cable that passes over pulleys at the upper end of pipe, through the in-side of same, and is fastened to the upper end of steel uprights. The counterweights just over-balance the combined weight of steel uprights, cross bars and slides, and when the uprights are released from the floor socket, (held in place by a set screw,) the slightest effort will raise them eleven feet from the floor, when, by tightening the set screw in the top bottle they can be used as an ordinary suspended bar. Another new feature in connection with these bars are the floor plates; these have spring disks that close the crutch when the bars are suspended. If so desired these bars can be placed in front of adjustable ladders and used as *ladder stands* for horizontal ladder work. The performing bars are adjustable from 18 inches to 8 feet. To work this style of bar properly the ceiling should not be less than 20 feet high.

Price, Single Bar Complete . . . \$80 00 | Price, per set of Three, Complete . . \$225 00

SPALDING'S COMBINATION VAULTING AND HORIZONTAL BARS.

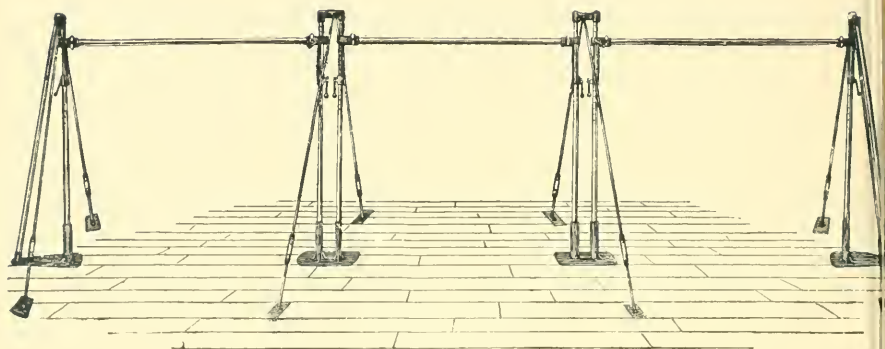


No. 70.

Our New Combination Vaulting and Horizontal Bar (as shown in cut) is a vast improvement over anything now used for that purpose. The bar is adjustable and can be moved up or down by one person with perfect ease ; the uprights are graduated in quarter inches, to a height of $7\frac{1}{2}$ feet ; the guy wires, only 3 feet apart or 18 inches from upright, occupying no more room than the old-fashioned wooden ones, and not one-third as much as the horizontal bar now in use. They can be put up or removed in a few minutes. It has solid steel uprights and supporting rods, *engraved graduations*, ornamental bases, steel core bars.

Complete, with guy rods and floor plates \$50 00

SPALDING'S TURNER'S ADJUSTABLE HORIZONTAL BAR.

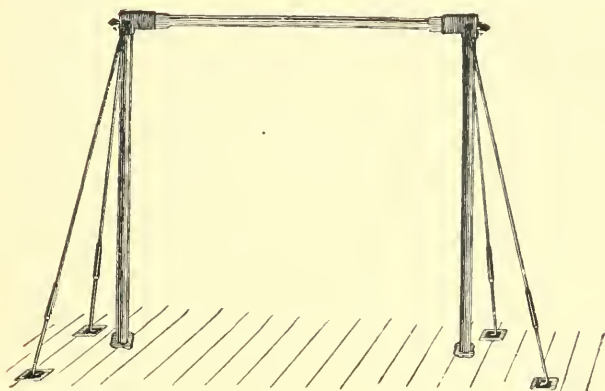


No. 71.

These bars can be furnished in sections of two or more, and can be put up in a straight line or at right angles. If required, a hollow square can be formed, or a cross—in fact, can be arranged in any shape desired. One man can set up, adjust or remove them without the least trouble. They require no fastening to the floor other than the guy wires. The space between the base of the bar and the floor plates is only 18 inches, making only 3 feet spread altogether, about one-quarter of the room that the old style of bar requires. The uprights of these bars are polished steel, and graduated in quarter inches. The balance is malleable iron, handsomely japanned. We furnish them with wooden bars, steel core, or solid steel bars with brass sockets. When set up they are as firm and solid as the building itself.

Price, Double Section, ...	\$100 00
Price, Triple Section	150 00

SPLADING'S FLOOR AND SUSPENDED HORIZONTAL BARS.



No. 72.

FLOOR HORIZONTAL BARS.

The No. 72 Horizontal Bar has iron pipe uprights, cast steel head pieces, steel guy wires, wrought iron turnbuckles and floor plates, and a split hickory steel core bar.

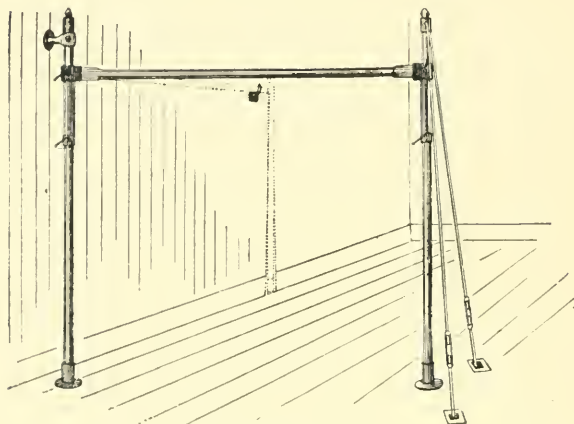
No. 72.	Price complete (single)	\$25 00
No. 72 A.	Price complete (double)	50 00
No. 73.	Price complete, without steel core (single)	18 00
No. 73 A.	Price complete, without steel core (double)	36 00

SUSPENDED HORIZONTAL BARS.

These bars are the same in every particular as our floor bars, only fastened to the ceiling instead. The regular length of uprights is 8 feet.

No. 76.	Price, with plain hickory bar	\$18 00
No. 76 A	Price, with steel core bar	25 00
Each additional foot, including both uprights and guys		50

SPALDING'S WALL HORIZONTAL BAR.



No. 74.

The above illustration gives a pretty good idea of its general construction. The uprights are made of steel. The adjusting slide same as that used in all of our adjustable horizontal bars. Guy rods are of steel and polished also. Where room is an object this bar is very desirable, as it can be set in position in a few minutes. *Very firm and strong.*

Price, complete, steel core bar \$35 00

No. 75.

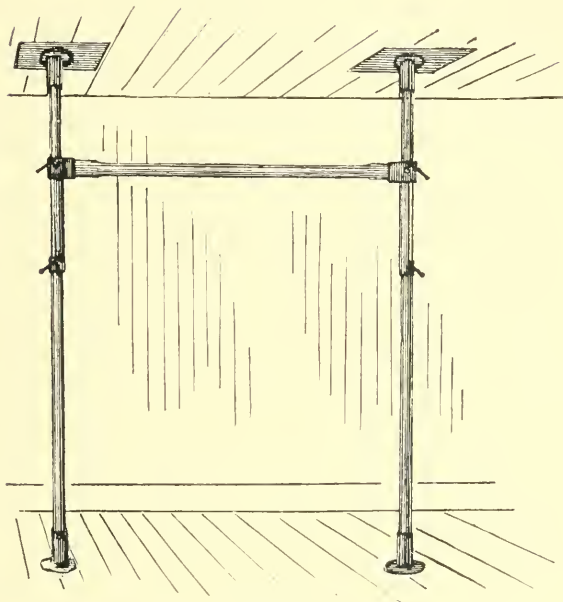
SPALDING'S SPECIAL STAGE HORIZONTAL BAR.

The uprights are made of polished steel, handsomely nickeled. The guy rods are of polished steel and nickeled also. The bars are split hickory with the best tool steel cores.

Price, single bar	\$40 00
Price, double bars	60 00
Price, triple bars	80 00

N. B.—The centre bar can be taken out without affecting the other two. Sister hooks are furnished to connect the side rods after the removal of the centre bar.

SPALDING'S PERMANENT HORIZONTAL AND VAULTING BAR.



No. 77.

The uprights are fastened to the floor and ceiling, and are made of steel to the height of 9 feet; beyond that it is gas pipe. The adjustment is the same as those previously described as "adjustable bars." We make these bars to fasten to galleries or uneven surfaces, without extra charge.

Price, 16 feet or under \$35 00

This price includes steel core bars.

HORIZONTAL BARS.

Our Horizontal Bars are made of selected one year's growth hickory.

Our steel core bar is pronounced superior to any other make by all gymnasts that have used them. The core used is made up of the best tool steel, and is warranted.



STEEL CORE BARS.

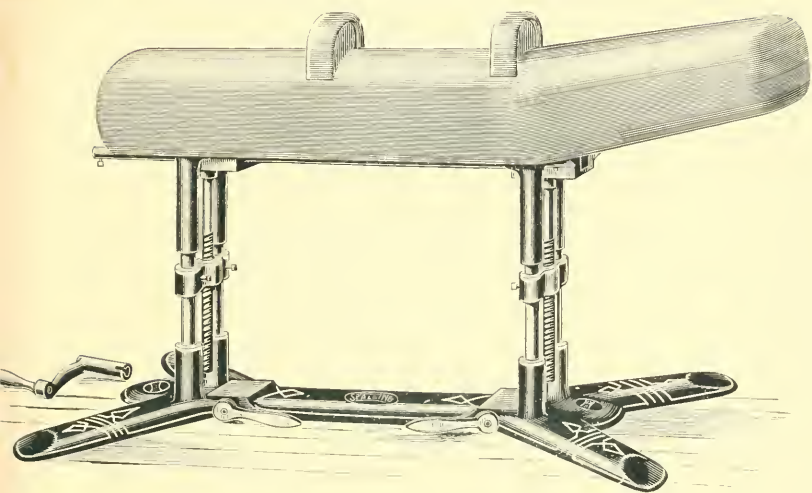
No. 112.	5½ feet long	.	.	.	.	.	.	.	\$7 00
No. 113.	6 feet long	.	.	.	.	.	.	.	7 50
No. 114.	6½ feet long	.	.	.	.	.	.	.	8 00
No. 115.	7 feet long	.	.	.	.	.	.	.	9 00

PLAIN HICKORY BARS.

No. 116.	4 feet long	.	.	.	.	.	.	.	\$1 25
No. 117.	4½ feet long	.	.	.	.	.	.	.	1 50
No. 118.	5 feet long	.	.	.	.	.	.	.	1 75
No. 119.	5½ feet long	.	.	.	.	.	.	.	2 00
No. 120.	6 feet long	.	.	.	.	.	.	.	2 25
No. 121.	6½ feet long	.	.	.	.	.	.	.	2 50
No. 122.	7 feet long	.	.	.	.	.	.	.	3 00

No. 123.	Solid Steel Bars, round ends	.	.	.	.	.	.	.	\$5 00
No. 124.	Solid Steel Bars, square ends	.	.	.	.	.	.	.	6 00

SPALDING'S SPECIAL VAULTING HORSE.

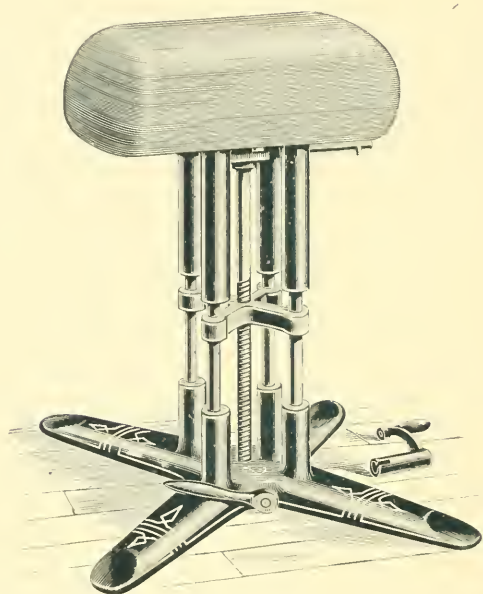


No. o.

No. o. The illustration given above shows in a measure its improvement over those now in use. While it has *four legs*, the same as most vaulting horses, it is so constructed that the legs are put in a vertical position instead of slanting, giving a clear "floor way," an advantage that all experts on this apparatus will recognize at once. The old style of adjustment is superseded by a well-known mechanical device *under a new application*. By this means the horse can be raised or lowered by simply turning the crank, and is firm and solid in any position. By raising the levers at the ends of the base to a vertical position the horse is thrown on rollers, making it an easy matter for one person to move it. It is covered with the best of leather, well padded, regulation size. The pommels are put on in a new way that makes them easier to remove than the old way.

Price, with or without neck \$75 00

SPALDING'S SPECIAL VAULTING BUCK.

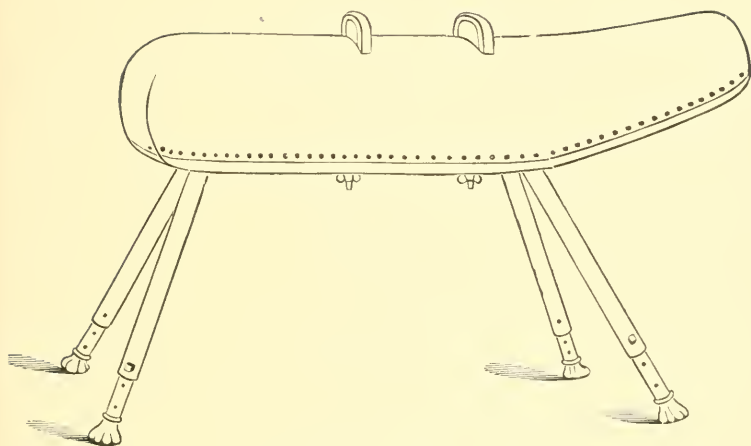


No. oB.

No. oB. Vaulting Buck is made on the same principle as the No. o Horse, and works just as perfectly. It has the same style and quality of covering and padding. Firm and solid in any position, and has the castor adjustment. Adjustable in height.

Price \$60 00

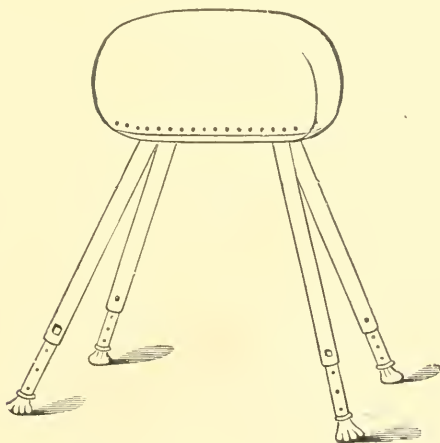
VAULTING APPARATUS.



VAULTING HORSE No. 1.

No. 1 Vaulting Horse, covered with the best quality of dressed cowhide, well padded, movable pommels, telescope legs. Adjustable from $3\frac{1}{2}$ to $5\frac{1}{2}$ feet,

Price \$45 00



VAULTING BUCK No. 1B.

No. 1B Vaulting Buck is similar in construction, material and adjustment to the No. 1 horse.

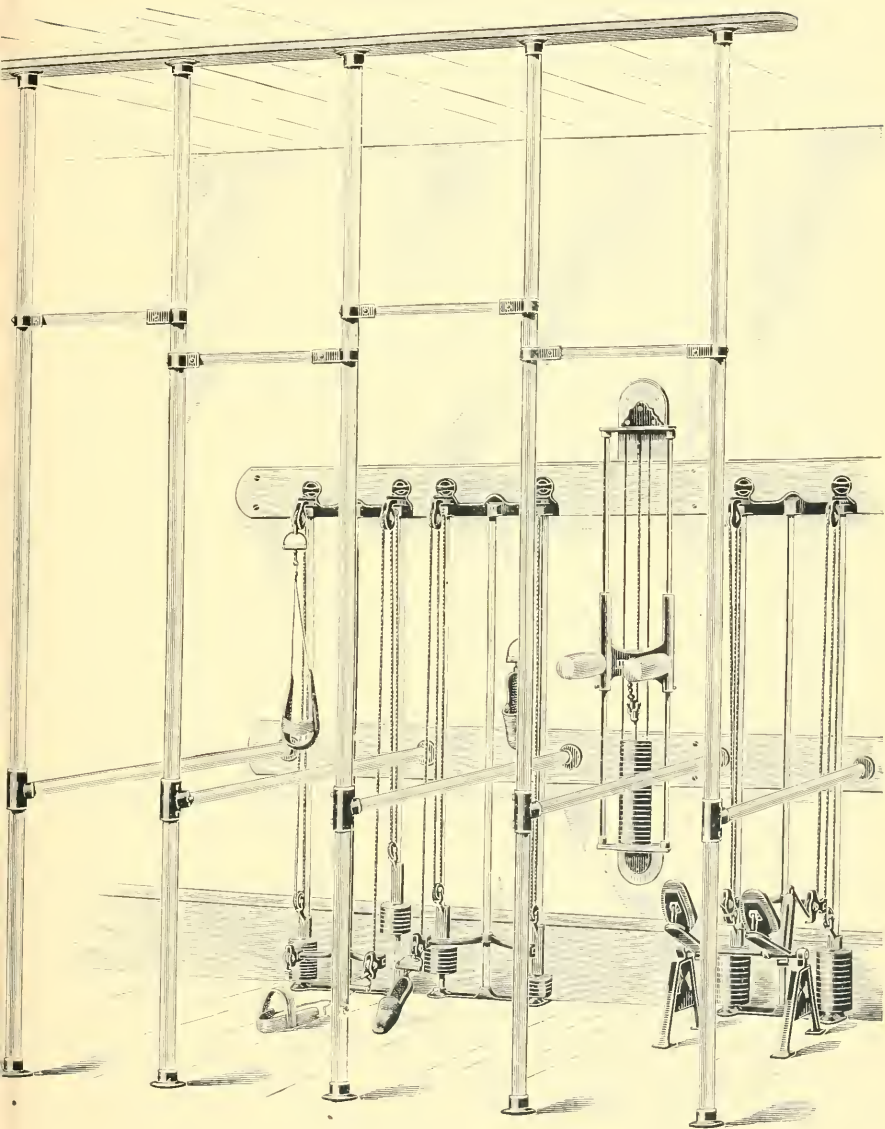
Price \$30 00

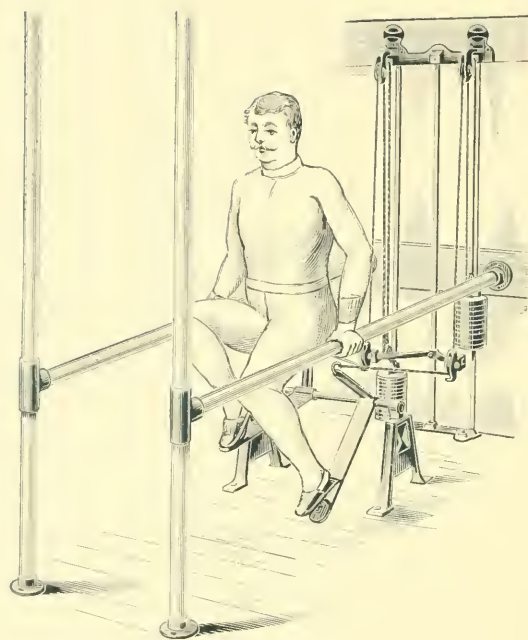
Made in two grades, 44 and 44x. The apparatus in No. 44 is finished in japan and gilt. In No. 44x the center bars, guide rods, pulleys, handles and mountings of the wall machine are handsomely nickeled. The cage complete consists of *two No. 1 Victor machines*, one having head and neck harness, the other leg and ankle harness. *One Running Machine*, built similar to the Victor excepting that it has longer weight carriages and is supplied with 100 lbs. of weights. In addition, it has the foot bracket attachment (see cut). *One Shoulder and Neck Machine*, 60 lbs. of weights, 4 sets of hard wood breast bars and 4 churning bars.

The ingenious combination of four stalls, furnishing a number of the most useful and beneficial of gymnasium exercises, is truly *multum in parvo*. There are the leg, head and neck, head and shoulder, and walking and running stalls, each admitting of a whole series of splendid exercises. Everything done on these machines should feel easy, and be continued short of a commencing feeling of tiredness. A person ought to feel at the finish as if he'd like to try just one more round.

No. 44. Complete, ...	\$112 00
No. 44X. "	150 00

SPALDING'S GYMNASIUM CAGE.



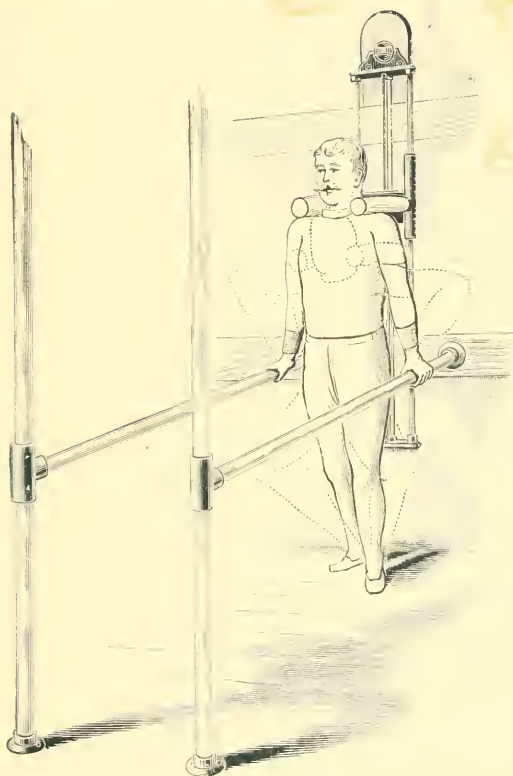


No. 44A.

SECTION OF CAGE SHOWING RUNNING MACHINE.

The walking and running stall gives plenty of exercise and increases the strength of the heart, if the work is active. It is good exercise for improving the "wind." The motions should be long, sweeping, and with the joints all moving freely. As little balancing as possible should be done with the hands. It is especially good for strengthening the front of the thighs.

No. 44A.	Japan Finish, with 100 lbs. of weights.	Price . . .	\$40 00
No. 44A.	Nickel Trimmings, with 100 lbs. of weights.	Price . . .	50 00

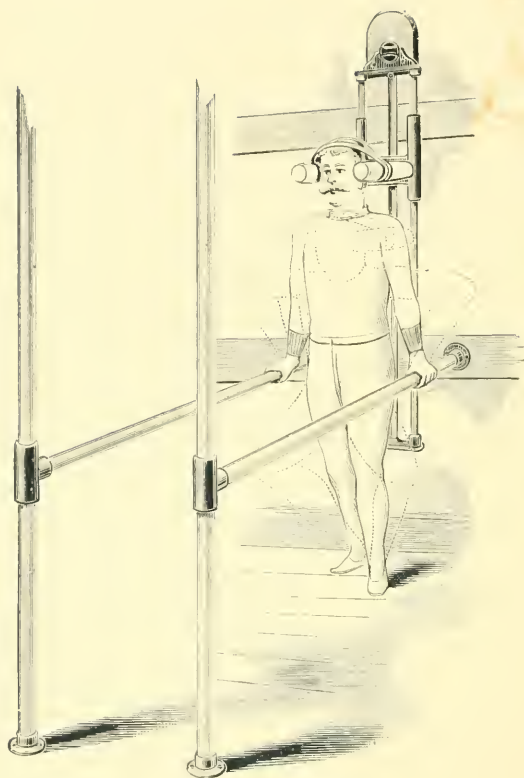


No 44B.

SECTION OF CAGE SHOWING SHOULDER MACHINE.

When the shoulder bears the weight, the muscles involved are the same as when it is borne by the head, except that the neck muscles have less to do with these exceptions, and then these are still more actively in operation. The chest muscles also then partake a little of the general strain. If, while performing the exercise shown in the figure, the body be not supported by the hands grasping the iron rail, the motion will be more effective. Another way to exercise is to stand up straight, with the shoulder pieces resting upon the drooping shoulders; then alternately raise and lower them without altering the position of the rest of the body. This will raise drooping shoulders.

No. 44B. 60 lbs. of Weights \$30 00

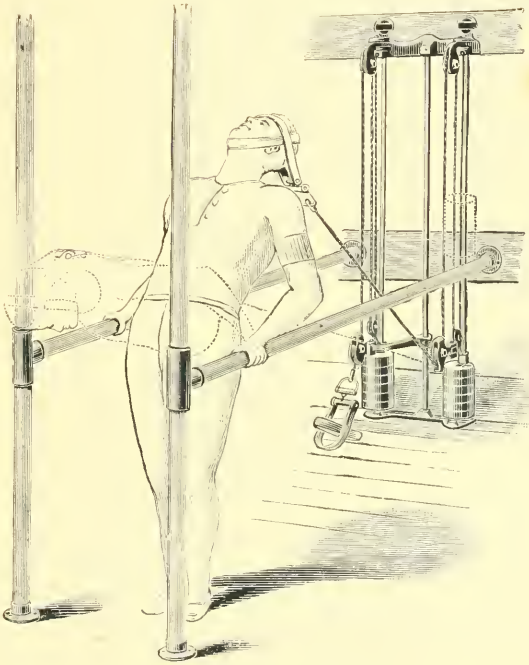


No. 44B.

SECTION OF CAGE SHOWING THE HEAD ATTACHMENT SUBSTITUTED FOR THOSE OF THE SHOULDER.

This Attachment is included in the price quoted for Shoulder Machine.

The head and shoulder stall is useful in increasing the erectness, strength and poise of the body. The calf, front thigh, rump, back and neck muscles are all in action when the weight is raised on the head.

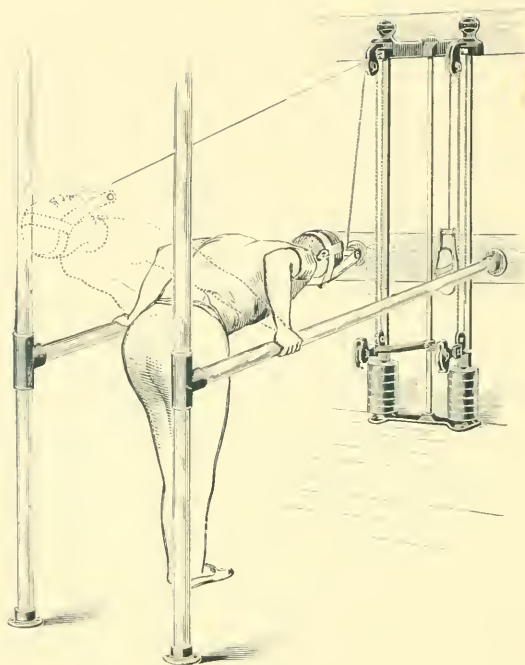


No. 44C.

SECTION OF CAGE SHOWING FORWARD MOTION ON HEAD AND NECK MACHINE.

The head and neck stall is an important compartment. The forward motion brings into action the front muscles of the neck, chest, belly and thighs, those of the neck and belly being most affected. It is a very beneficial exercise. Care must be taken to use only light weights.

No. 44C.	Japan Finish, with 30 lbs. of weights.	Price	.	.	\$30 00
No. 44C.	Nickel Trimmings, with 30 lbs of weights	Price	.	.	40 00

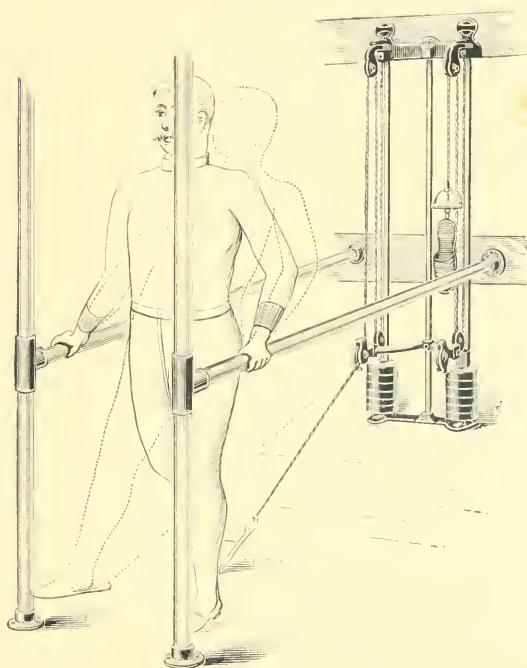


No. 44C.

SECTION OF CAGE SHOWING BACKWARD MOTION ON HEAD AND NECK MACHINE.

The backward motion exercises the back neck, back and back thigh muscles. It is also a most useful movement; and here, too, the weights must be light and feel easy. Side movements must also be made to complete the exercise and improve the symmetry of the body.

No. 44C. Japan Finish	\$30 00
No. 44C. Nickel Trimmings	40 00

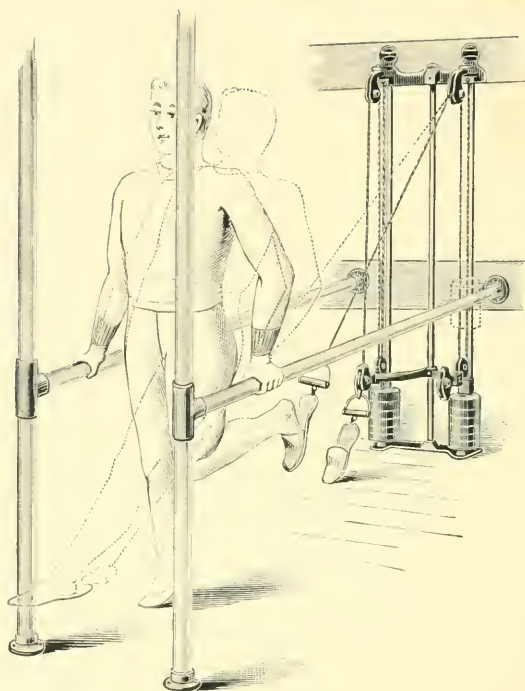


No. 44D.

SECTION OF CAGE SHOWING LOW PULLEY MOTION ON FOOT AND LEG MACHINE.

The leg stall exercises more than its name implies, because many muscles are active during its exercise to preserve the equilibrium of the body. The low forward motion is less difficult than the high pulley motion. This exercises the same muscles as the high pulley motion, but not to the same extent, the other movement being more difficult.

No. 44D.	Japan Finish, with 30 lbs. of weights.	Price	.	.	\$30 00
No. 44D.	Nickel Trimmings, with 30 lbs. of weights.	Price	.	.	50 00



No. 44D.

SECTION OF CAGE SHOWING HIGH PULLEY MOTION ON FOOT AND LEG MACHINE.

The high pulley forward leg motion is more difficult than the low, and exercises a larger number of muscles. Of course high and low pulley backward leg motions are possible and necessary, and must be done with suitable slipper attachments. Side leg motions, with the pulleys either high or low, complete the variety of exercise.

The high pulley forward leg motion develops the muscles of the groin and the front of the thigh and leg. The high pulley backward leg motion exercises the muscles of the buttocks and back of the thigh and legs.

No. 44D.	Japan Finish.	Price	\$30 00
No. 44D.	Nickel Trimmings.	Price	50 00

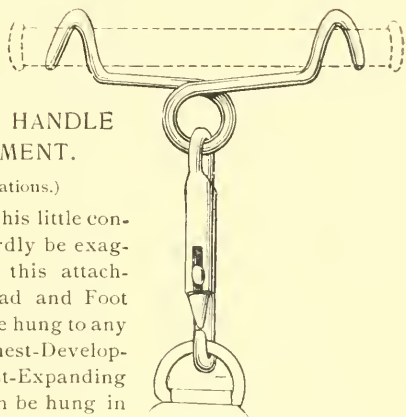
SPALDING'S SPECIAL ATTACHMENTS.

SPALDING'S HANDLE ATTACHMENT.

(See Illustrations.)

The value of this little contrivance can hardly be exaggerated. With this attachment the "Head and Foot Harness" can be hung to any handle. The Chest-Developing and Chest-Expanding Attachments can be hung in the same manner.

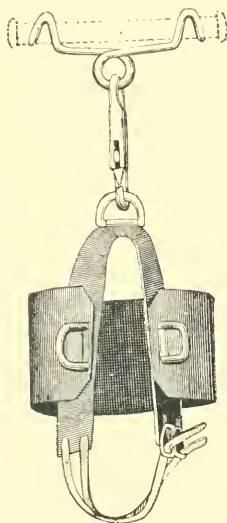
Price, with Spring Hook . . \$0 50
Head-Gear, with Handle Attachment . . . 2 00



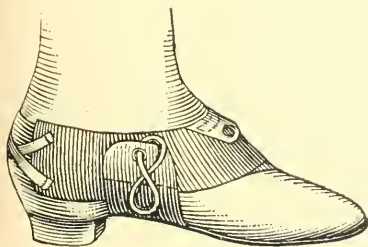
HANDLE ATTACHMENT.



HEAD-GEAR WITH ATTACHMENT.



FOOT-GEAR WITH ATTACHMENT.

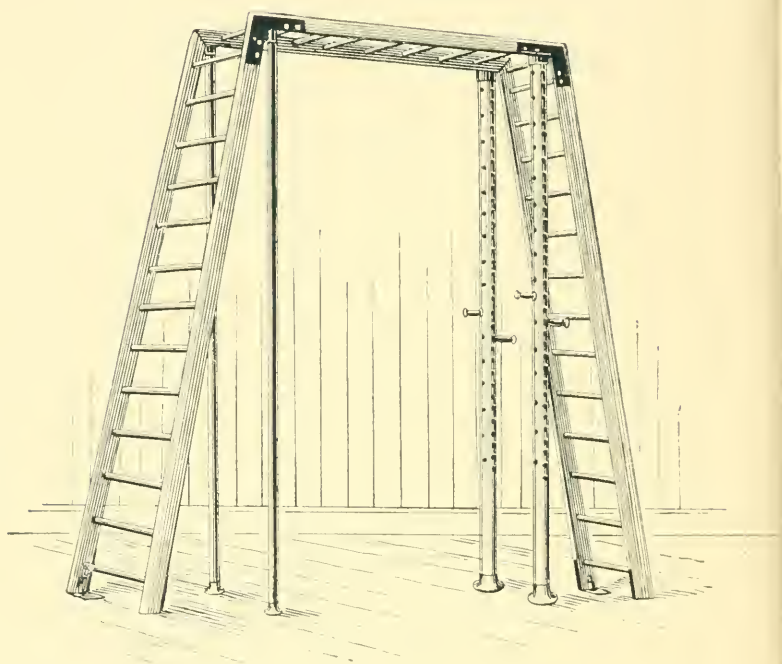


SPALDING'S FOOT-GEAR.

Can be worn with or without a shoe. The inside, outside, front and back leg exercises can be gotten by simply changing the snap-hook from one ring to another. No wall apparatus is complete without it.

Price, with Handle Attachment \$2 00

SPALDING'S COMBINATION "LADDER SET."

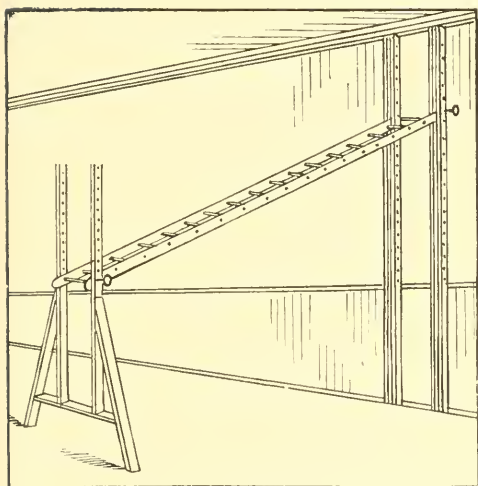


The above illustration shows our New Combination "Ladder Set," consisting of three ladders, one set chest bars, and peg poles, all of hard wood, highly polished.

The manner in which this set is put together will enable any one to erect them in a very short space of time. The upright ladders are from 12 feet to 18 feet long. The cross ladder is from 8 feet to 12 feet long. The peg poles and chest bars are made to accommodate the height of uprights.

Price complete \$60 00

SPALDING'S ADJUSTABLE LADDER.

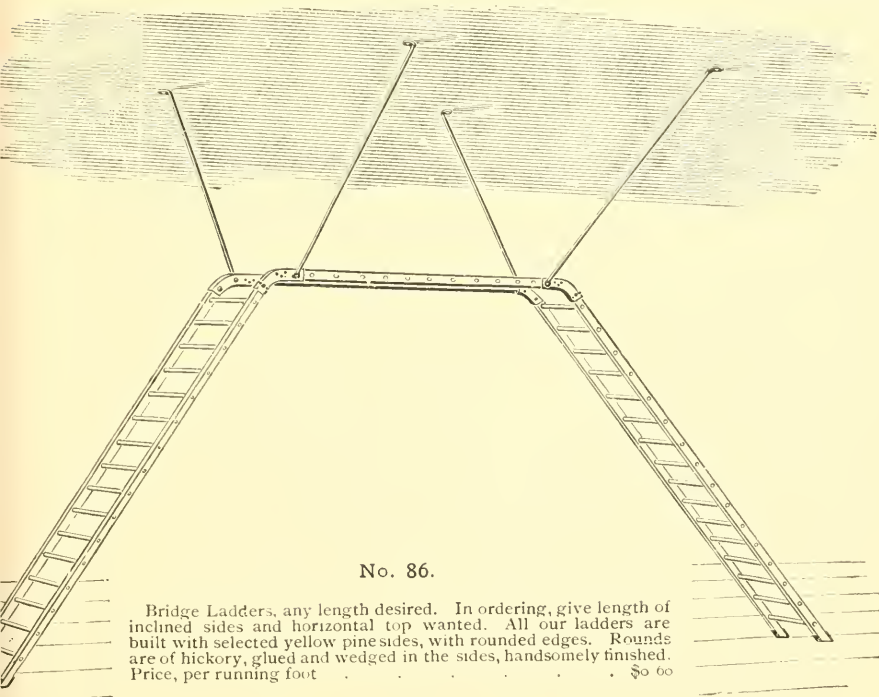


Adjustable Ladders, with the latest improvements; can be used in upright, horizontal and slanting position, according to desire. (This appliance, when not in use, will occupy but two feet of space from the wall.)

Complete, without	
Stand . . .	\$25 00
With Stand . . .	35 00

No. 85.

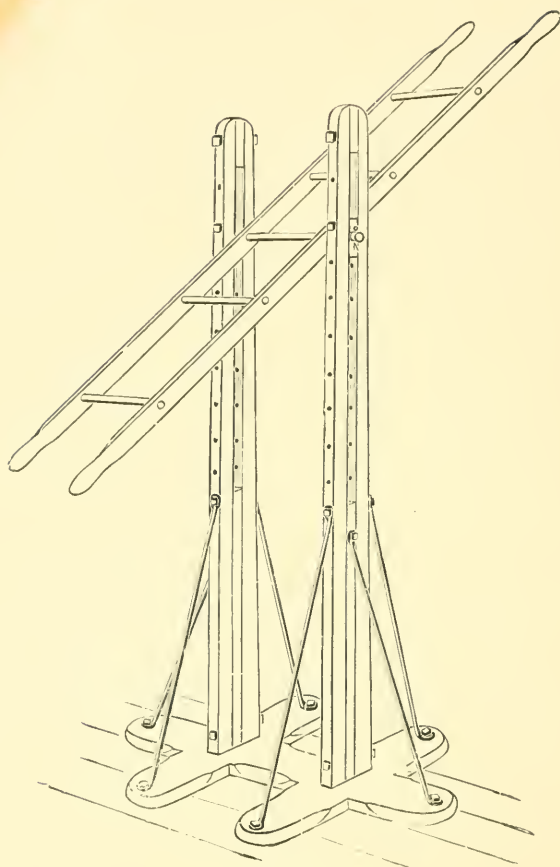
SPALDING'S BRIDGE LADDERS.



No. 86.

Bridge Ladders, any length desired. In ordering, give length of inclined sides and horizontal top wanted. All our ladders are built with selected yellow pine sides, with rounded edges. Rounds are of hickory, glued and wedged in the sides, handsomely finished. Price, per running foot \$50 60

SPALDING'S TETER LADDER.



No. 87

Adjustable in height \$25 00

A very pleasant and beneficial exercise for women and children.

HORIZONTAL LADDER.

No. 89. Hickory rounds, *yellow pine sides*, rounded edges, *well seasoned*.

Each round is glued and wedged in so it cannot turn. Warranted.

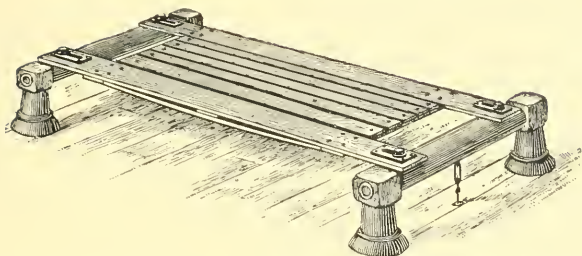
Any length. Per foot \$6 60

No. 90. Ash rounds, pine sides, 16 feet and under. Per foot . 40

POMPIER LADDER.

No. 91. Yellow pine centre, with hickory handles. Per running foot \$5 50

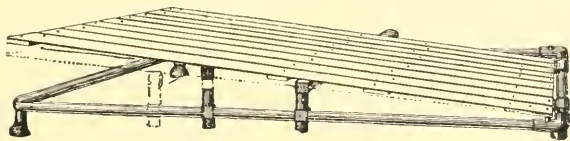
SPALDING'S SPRING BOARD.



Our new style of *spring boards* do not take up half the space of the old styles and have a much pleasanter motion. Made of the best hickory, with the hard wood pedestals. They are held firmly to the floor by a turn-buckle at each end. Turn-buckles and floor-plates furnished with each spring board. If necessary they can be used without fastening to the floor.

No. 22.	7 feet long, 2 feet 6 inches wide (very fine and heavy)	\$25 00
No. 23.	6 feet long, 2 feet 2 inches wide	15 00
No. 24.	6 feet long, 2 feet wide. Portable	7 50
No. 25.	Leaping Board for Vaulting Horse, Rubber shod	6 00
No. 26.	Leaping Board for Vaulting Horse, Plain	3 00
No. 27.	Incline Board for Traveling Rings	7 50
No. 28.	Incline Board for Traveling Rings, Rubber covered, hard wood	12 00

SPALDING'S BATTEAU BOARD.



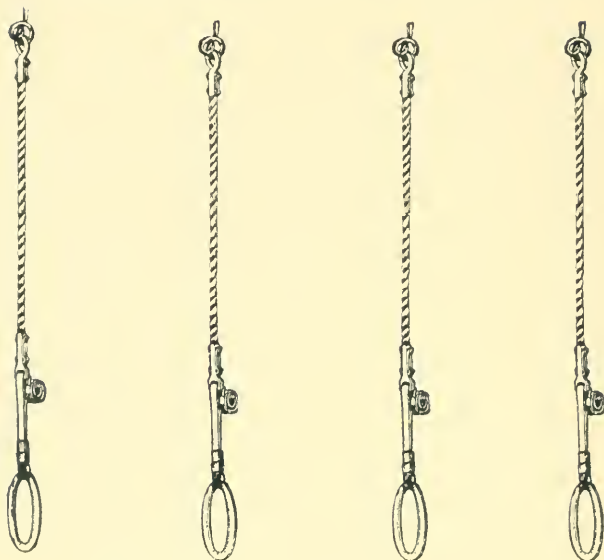
No. 29.

The commendable features about the Batteau Board are that it takes up less room than any now in use, requires no fastening, easily moved, and the strength of spring can be adjusted to suit the person using it, the central bar being movable. By sliding it forward the spring is made heavy and stiff, sliding it backward makes the spring light and easy. It is possible to make the spring so flexible by this mode of adjustment that a child five years of age can get as much action out of it as a grown person.

The frame is made of $1\frac{1}{4}$ gas pipe, with wooden feet tipped with rubber. The board proper is made of the best young hickory. We manufacture them in two sizes.

No. 29.	For heavy work in gymnasium	\$30 00
No. 30.	For ladies and children	25 00

SWINGING AND TRAVELING RINGS.



Our Gymnasium Rings are 10 inches in diameter—outside measurement—and are covered either with leather or rubber. We make them in four styles—plain round, round with eye on top, stirrup-shaped, and square top for strap. The latter is used more particularly for swinging rings.

By actual test our adjusting clamp will stand as great a strain as the rope itself. All of our Rings are fitted with these, unless otherwise ordered.

No. 125.	10-inch Swing Rings, any length of rope (with adjusting straps), per pair	\$8 00
No. 126.	10-inch Traveling Rings, any length of rope, each	3 00

Adjusting Bar for Traveling Rings, \$4.00 per ring, extra, net.

SWINGING RINGS FOR HOME USE.

Made of galvanized iron. 8 inches in diameter, outside measurement.

Leather covered, \$1.00 per pair extra.

No. 1.	5-foot ropes, per pair	\$2 50
No. 2.	6-foot ropes, per pair	2 75
No. 3.	7-foot ropes, per pair	3 00
No. 4.	8-foot ropes, per pair	3 25
No. 5.	9-foot ropes, per pair	3 50
No. 6.	10-foot ropes, per pair	3 75
No. 7.	11 foot ropes, per pair	4 00
No. 8.	12-foot ropes, per pair	4 25

RINGS WITHOUT ROPES AND CLAMPS.

Leather covered, \$1.00 per pair extra.

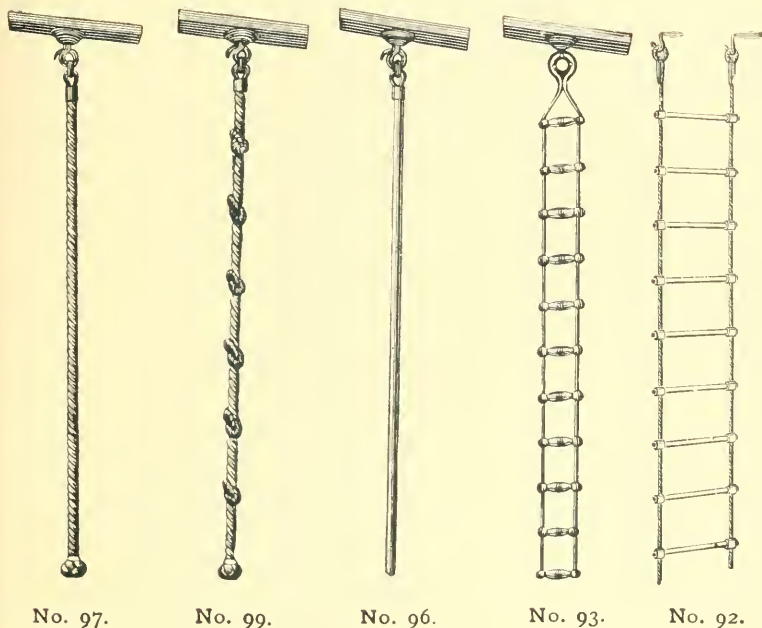
6 inches, per pair	\$1 00
8 inches, per pair	1 50
10 inches, per pair	2 00

CATCH NETS.

We make a specialty of catch nets for "high work" on trapeze bars, swinging rings and "ceiling walking." These nets are made in the most durable manner.

Price complete, with side and guy ropes, per square foot \$0 15

CLIMBING APPARATUS.



ROPE LADDERS.

No. 92.	Hickory rounds, with adjusting clamps.	Per running foot	\$1 75
No. 93.	Hickory rounds, stationary		60

PEG POLES.

No. 94.	Hard wood, cast sockets, 18 feet and under.	Each	\$10 00
No. 95.	Hard pine, cast sockets, 18 feet and under.	Each	8 00

CLIMBING POLES.

No. 96.	Hard yellow pine, complete, 18 feet and less.	Each	\$4 00
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CLIMBING ROPES.

No. 97.	1½ inches in diameter, complete, with hooks, etc., leather-covered knot on end, 18 feet and under		\$7 50
No. 98.	1¼ inches in diameter, complete, with hooks, etc., plain end, 18 feet and under		4 50

KNOTTED ROPES.

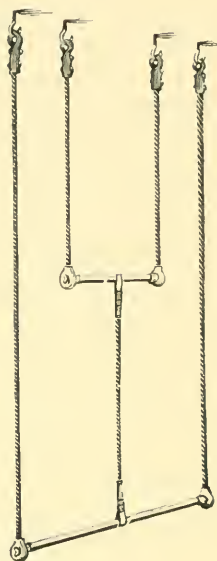
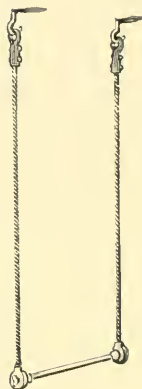
No. 99.	1¼ inches in diameter, complete, with hooks, etc.	Per foot	\$0 60
No. 100.	¾ inch in diameter, complete, with hooks, etc.	Per foot	40

PYRAMID LADDERS.

No. 101.	Hard pine, handsomely finished, with floor plates, etc., 18 feet and under.		
	Per pair		\$25 00

BALL ROPE.

No. 102.	Hard wood balls, complete, with hooks, etc., 18 feet and under		\$68 00
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TRAPEZE.

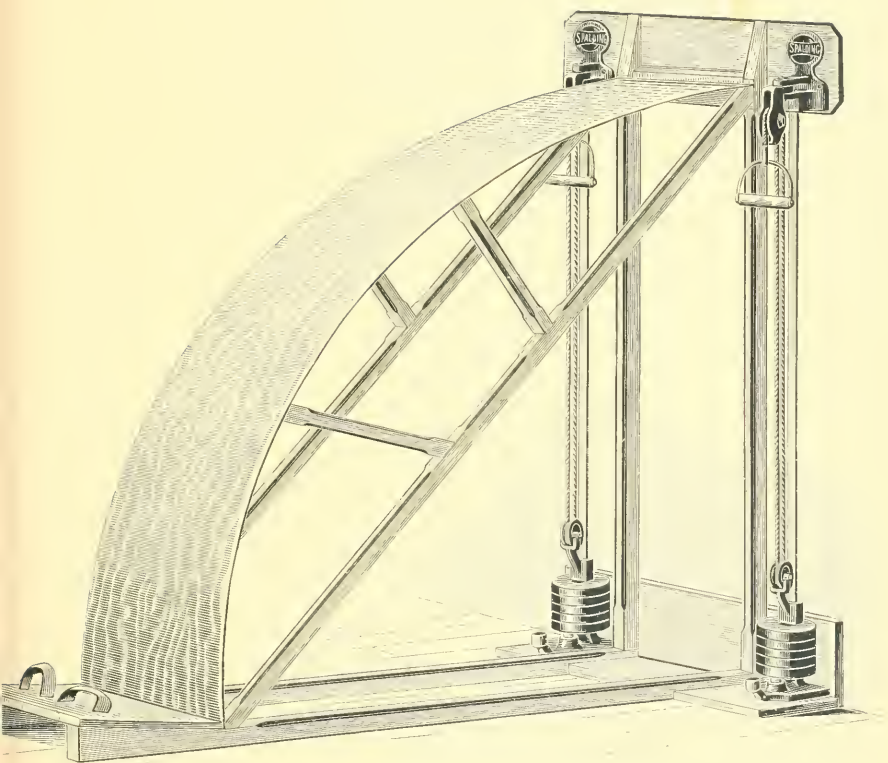
Solid steel bars same price as steel cores.

TRAPEZE FOR HOME USE.

No.	Size	Material	Weight	Price
No. 1.	2½-foot	Bar, including 8 feet of rope, or less	2 50	2 75
No. 2.	3	"	"	3 00
No. 3.	3½	"	"	3 25
No. 4.	4	"	"	3 50
No. 5.	4½	"	"	3 75
No. 6.	5	"	"	4 00
No. 7.	5½	"	"	4 25
No. 8.	6	"	"	4 50

TRAPEZE BARS, WITHOUT ROPE.

No. 1.	Length, 2½ feet	Each
No. 2.	3 "	\$ 1 50
No. 3.	3½ "	1 75
No. 4.	4 "	2 00
No. 5.	4½ "	2 25
No. 6.	5 "	2 50
Lunger for " high work,"	complete with pulleys, ropes, etc.	10 00
Lunger for " tumbling,"	complete with hand rope, etc.	3 50



No. 50.

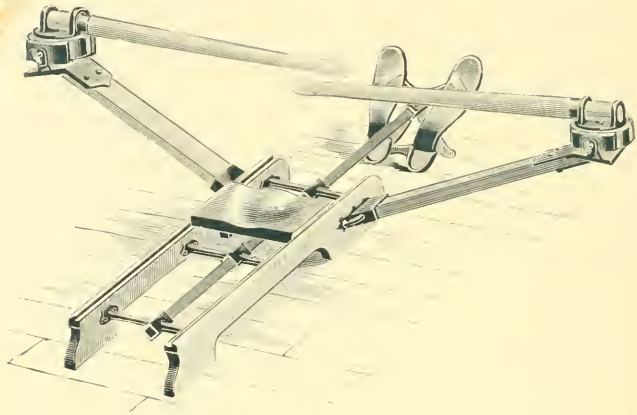
The quarter-circle exercise should always be done with straight elbows, and it is then second to none as a chest developer. It is also best to begin each pull with a deep inspiration. This machine increases the depth and width of the chest, and increases the strength of the front arm, and shoulder and chest muscles. It is one of the best exercises for those who are flat-chested.

Made of ash, handsomely polished. Very strong, swivel pulleys, compound rope. We furnish them with either cross-bar or handles.

No. 50.	With Victor Pulley Weights,	.	.	.	.	.	\$25 00
No. 50A.	With Victor Pulley Weights (Upholstered),	.	.	.	.	.	35 00

SPALDING

SPALDING'S FRICTION ROWING MACHINE.

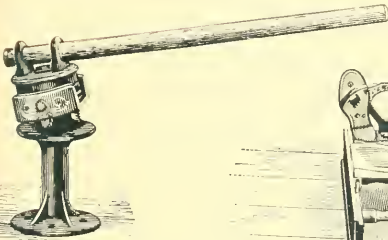
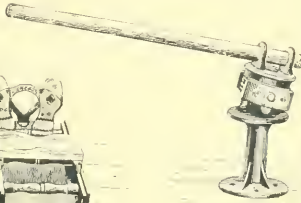


The friction application of this rowing machine is entirely *new* and *positive*, and does not allow the fractional part of an inch in lost motion. The stroke can be made heavy, light or medium. It has also both the dipping and feathering motion. The seat is made of vulcanized fibre, regular shell pattern. The body of the machine together with oars is made of ash, handsomely finished. Without doubt, the most satisfactory rowing machine on the market.

Price, ... \$15.00

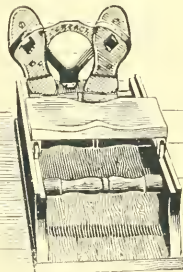
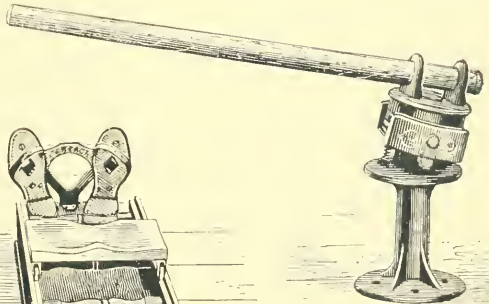
SPALDING'S FRICTION SWEEPS.

The Friction Sweeps possess all the advantages of the Rowing Machine. In fact are identically the same in finish and construction, only made larger and heavier. Same dipping and feathering motion.

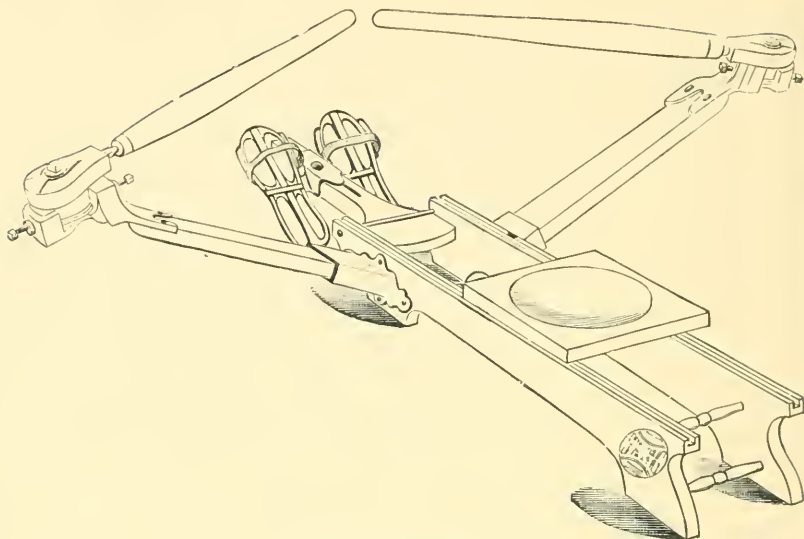


Price, each, including seat,
etc., \$25 00

Price, per set of four, 100 00



THE LAFLIN ROWING MACHINE.



PATENTED MAY 13, 1884.

The smallest, simplest and most practical Rowing Machine ever introduced

We have long been on the lookout for a Rowing Machine which would embrace the recognized qualifications necessary to close imitation of rowing, and at the same time could be sold at a popular price. In the Laflin we have found such a machine, and we offer it to our customers as the most desirable in every way for either home or gymnasium use of any machine yet introduced at the price.

The means used to produce the resistance is a simple "friction clutch" (a device long known to mechanics), which takes instant hold at the commencement of the stroke, and holds the pressure till the completion of the stroke, then instantly releases it, and allows an unassisted and unimpeded recovery—*precisely* the same as in a boat. The amount of resistance can be adjusted to suit in a moment, and may be set at anything from perfectly free motion up to so heavy a pull that no one could move it. The machine is thus equally suitable for a child or an athlete. The clutching and gripping device, to which the oars are attached, is simple and positive in its movements, and allows the operators to rest their hands upon the oars and feather same when coming back, in the same manner as ordinary rowing. As each oar is provided with an independent friction, the operator can let either oar rest and apply both hands to one oar, and pick up the other at any time again. The machine is so arranged that, by changing the outriggering and oars about on the frame, the pushing of the oars may be practiced similar to the style of the Norwegian sailor, which is the best exercise for developing the muscles of the back and stomach.

Each machine is provided with a counter or indicator, which is so graduated that one revolution of the dial is equivalent to one hundred strokes, or one-third of a mile, as calculated from Hanlon's time at thirty-two strokes per minute, which will be found of great benefit in regulating the time spent in this exercise.

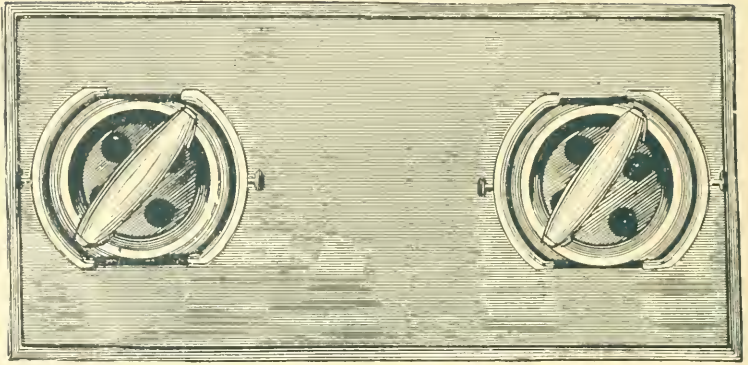
One of the most valuable features for those who would wish the machine for home use, is that in less than one minute's time, and without loosening any bolts or screws, the oars and outriggers can be removed and laid within the sliding seat frame, when the whole can be set away in a closet or slid under a bed out of the way.

The machine is built entirely from ash and maple, handsomely finished, and fully guaranteed. All iron work is handsomely japanned.

No. 110. Price, packed for shipment . . .

\$12.00

SPALDING'S WRIST MACHINES.

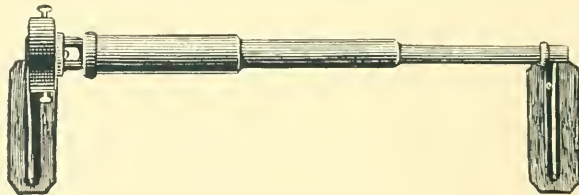


No. 61.

SPALDING'S SPECIAL FRICTION WRIST MACHINE.

Its friction arrangement ensures an instantaneous catch and prevents any of the lost motion common to all other machines. The tension is uniform and there is no jerk. The friction can be regulated with a thumb-screw so as to be acceptable for use by the weakest child or the most powerful athlete. The handle should be lightly grasped by the thumb and four fingers, and then turned alternately to the right and left with a purely wrist motion. There must be no movement of the shoulder and hardly any at the elbow besides the twist due to the wrist movement. When this exercise is carefully performed it soon causes a warm sensation through the elbow and forearm just below. It is an excellent accessory exercise for strengthening the wrist of fencers.

Price per pair \$15 00



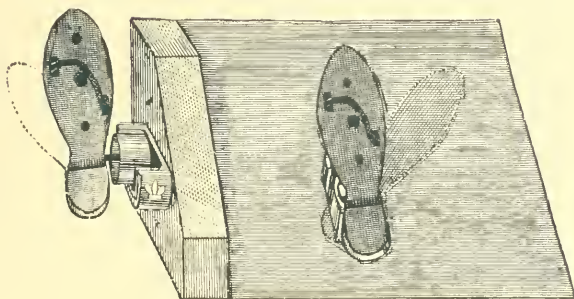
No. 62.

SPALDING'S SPECIAL FRICTION WRIST ROLLER.

A good fore and back arm exercise—also a grip strengthener. Can be adjusted to any tension.

Price \$12 00

SPALDING'S ANKLE AND WRESTLING MACHINES.

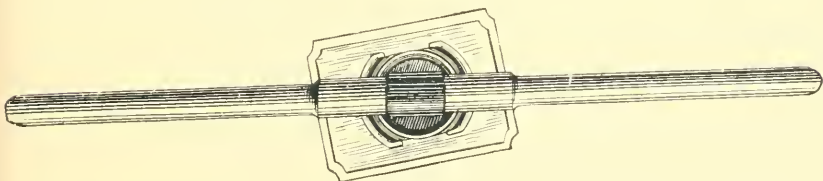


No. 64.

SPALDING'S SPECIAL FRICTION FOOT AND ANKLE MACHINE.

Being a friction machine, the same remarks apply to this as to the wrist machine. The up and down motion should be done at the ankle alone, so as to exercise the muscles of the front and back of the leg. It is a fine exercise for walkers, runners and bicyclists, being especially adapted to strengthen the muscles most needed in good pedal work. The side to side motion with the knee bent affects the ankle and knee joints, and is done by the leg and back thigh muscles. When the exercise is performed with a stiff knee all the work falls upon the muscles of the hips and buttocks. It is an excellent movement to aid in strengthening runners and walkers who are stiff in their hip movements from muscular weakness. It is one of the best hip and leg machines in the market.

Price \$15 00



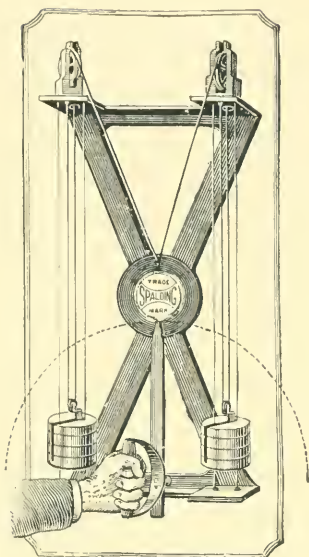
No. 65.

SPALDING'S SPECIAL FRICTION WRESTLING MACHINE.

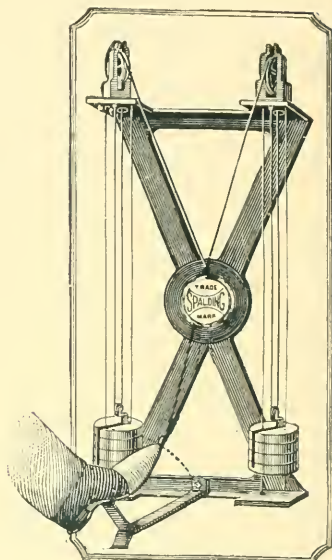
A good general exerciser. A number of the developing exercises mentioned in the description of the Windlass Machine will apply to this one.

Price \$12 00

SPALDING'S WRIST AND ANKLE MACHINES



No. 46.



No. 47.

SPALDING'S SPECIAL WRIST MACHINE.

POSITION—Face to machine, elbow stiff, grasp handle in two ways, 1st with thumb up and 2d with thumb down.

When thumb is up, turn inwards (toward opposite hand, and return; when thumb is down, turn outwards (away from opposite hand) and return.

The cut shows the hand in place for the pronation exercise or forward (inward) movement (to the right in the cut). Grasp the handle in the reverse way, with the thumb down and the little finger up, to do the supination exercise in which the hand is turned backward (to the left in the cut).

No. 46. Japanned \$10 00

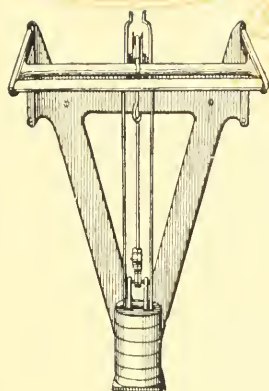
SPALDING'S SPECIAL ANKLE, LEG AND FOOT MACHINE.

POSITION—Face to machine; foot in shoe as shown.

MOTION—From left to right and reverse; also forward and backward. Knee stiff or bent.

The rotary motion from side to side exercises the front, back and outer hip muscles, but if the lower is bent, the same motion exercises some of the muscles of the back and inner side of the thigh. The forward movement exercises the calf. The forward motion, *i. e.*, bringing the toes toward the knee, while the rope is passed through a pulley below the foot-rest, strengthens the front of the leg at the shin. All these movements combined exercise all the muscles of the lower limb except those on the front and outer side of the thigh, *i. e.*, hip all around, inner side and back of the thigh, and all of the leg.

No. 47. Japanned \$10 00

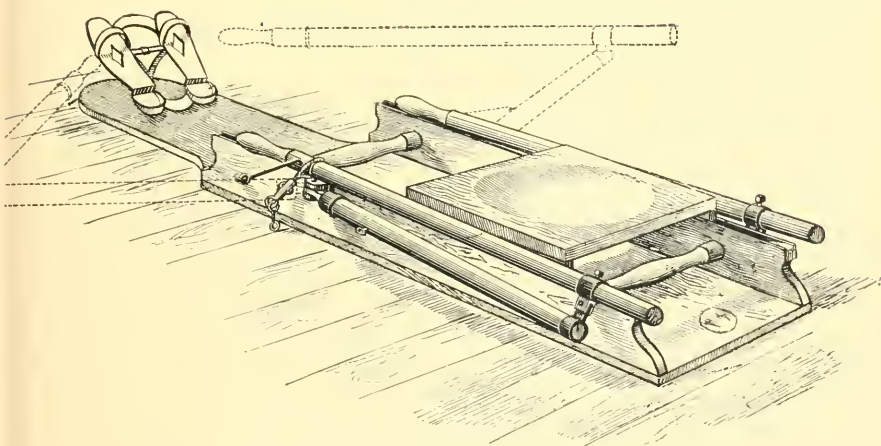


No. 42.

Neat, compact and noiseless. A complete exercise for all the muscles of the hand.

Japanned \$10 00

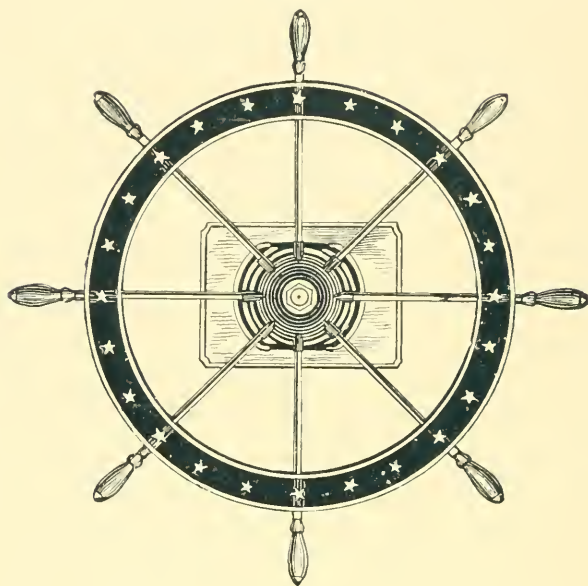
ROWING ATTACHMENT.



To be used with Victor Machines Nos. 5 and 6.

Price \$6 00

SPALDING'S FRICTION WINDLASS MACHINE.

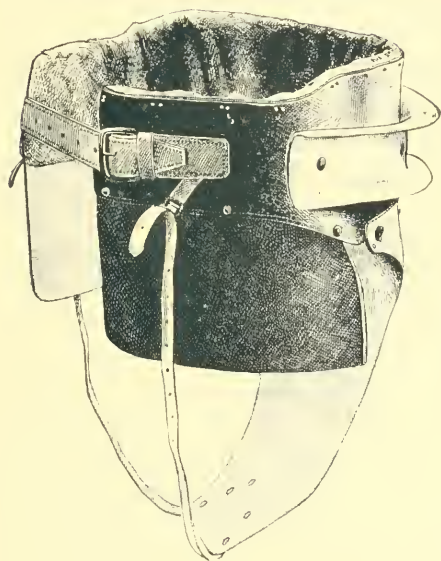


No. 63.

This is one of the best machines ever invented for multiple graded work. It admits of an endless variety of exercises. The amount of friction is readily adjustable to meet any requirement. A person may stand in front of the wheel, taking hold of the spoke with each hand, care being taken that they are of the same diameter, when a series of alternating half-circular sweeps are to be made. It is necessary that they be done at a uniform pace, never with a jerk. It is best to stand with the feet together and the toes pointing out. The further they are away from the wheel the more difficult is the exercise at the same tension. This movement strengthens the entire arm, trunk and leg of both sides. If position is taken at the side of the wheel and one spoke grasped with one hand, the back upper arm is developed by shoving the machine away from the body, while the front upper arm is developed by drawing it toward the body. The tension can be so much increased that it requires considerable effort to grasp a lower spoke, while at the side of the wheel, and pull it up with both hands. This exercise can be reversed and changed *ad infinitum*.

Price \$25 00

SPALDING'S TUG-OF-WAR BELTS.

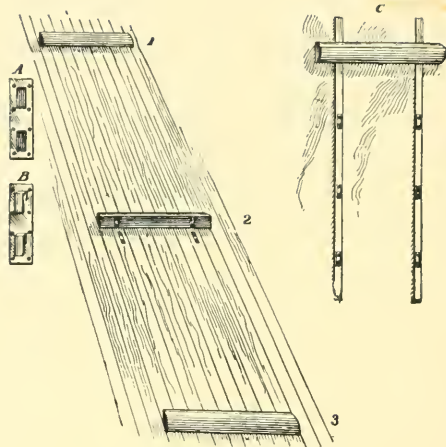


The above cut represents our No. 128 Tug-of-War Belts, made of heavy leather, with polished metal track. Leather seat and thigh guards. The upholstering and padding are done in the *very best manner*

No. 125. Per set (2 belts) without rope \$35 00

TUG-OF-WAR ARM GUARDS.

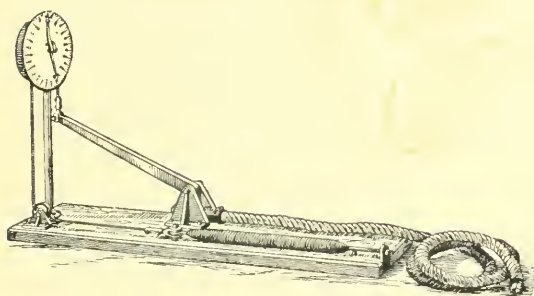
No. 130. Made of fine morocco, each \$1 50



Made of well-seasoned and finely finished Maple. **HEAVY** and **STRONG**. As shown above, the Cleats are so shaped that the "drop" can be made without any possible chance of injury. Nos. 1 and 3 show the cleat fastened to the floor. No. 2 represents it unattached. "C" shows the "Rack," on which the cleats are hung when not in use. "A" and "B" are representations of the male and female plates.

No. 131. Price (per set) complete \$25 00

SPALDING'S TUG-OF-WAR TEST.



Position—Lay on side with feet toward machine ; cross legs with upper foot forward, pass rope between thighs and through lower armpit ; grasp with hands, thighs and between the arm and chest.

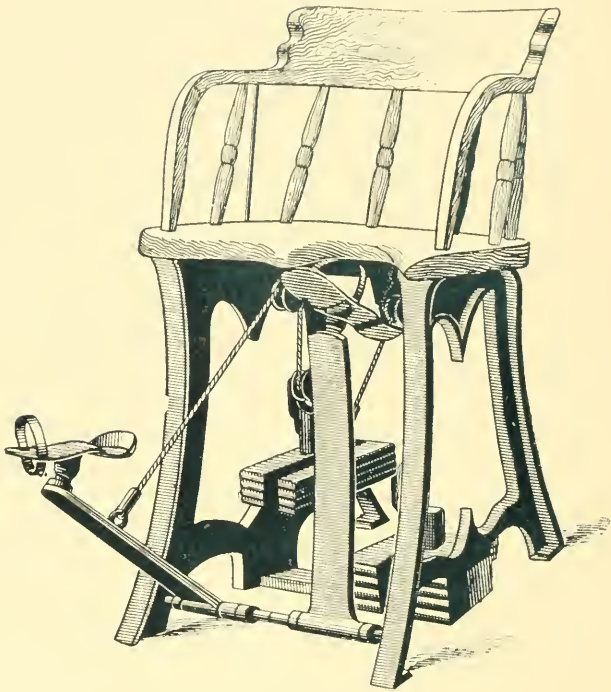
Motion—Take firm hold ; keep back straight ; straighten knees ; and then push with the toes.

A fine exercise for strengthening the calves, front and inner side of thighs, front of arm and forearm, front of chest and front and back of armpit. A fine index of one's pulling power and endurance. The only reliable tug-of-war trainer, indicating constant variations in force of pull as well as having a self-registering arrangement for the maximum pull. It will do alike for either individual or team training. The work can be measured. No harm can come from the use of this machine or tug-of-war practice if done in form.

No. 127. Price \$30 00

SPALDING'S "OLD ARM-CHAIR."

WITH VARIATIONS.



No. 51.

A compact and durable leg and ankle machine. Very desirable for either gymnasiums or home use. All the muscles of the leg and ankle can be exercised. It occupies the same space as an ordinary arm-chair, and requires no fastening. 80 pounds of weights.

No. 51. Japan Finish	.	.	.	.	.	.	Price, \$30 00
No. 51 x. Nickel Trimmings	.	.	.	.	.	.	" 35 00

THE BUFFALO HOME TRAINER.

Adapted for use in
Bicycle Club Rooms and
Gymnasiums.

THE THING
FOR RACING MEN.



In the club room it is an ornamental fixture, and one of the most interesting things that can be had for the money.

RACES can be run against time or in competition, and a club record established, which will aid in holding the club together, and in keeping up the interest in wheels and wheeling through the winter.

In the gymnasium it is very useful in developing the heart and lungs, and the quick action of the lower limbs.

In the smaller gymnasiums, that have no room for a running track, the trainer will fill the want, giving exercise to those parts the track is intended for.

As a sweating machine it has no equal; a profuse perspiration may be produced in one minute, if desired.

To racing men a trainer is almost indispensable, affording means of regular practice, without regard to the weather. It is very useful in the practice of spurting.

Sedentary persons will find the trainer a fine home-exerciser. A few moments' home work on it every day will strengthen the lungs, improve the circulation, give tone to the nerves, and counteract the effect of hours spent at the desk, in the office or store.

The construction is shown by the cut. The wheels and base are cast-iron, and weigh about 75 pounds. The upright is wrought iron pipe. The saddle and handles are attached to a solid steel bar, which slides within the pipe, and may be clamped at any height to correspond with bicycles from 40 to 60 inches in size.

A scale is stamped on the steel bar, the figures of which indicate the size.

This scale is very useful to dealers, enabling them to measure a customer for his proper size of wheel.

The pedals are rat-trap in form, and adjustable, with figures showing the length of crank used.

There is an alarm cyclometer, which rings a bell at each quarter mile.

The mile is the same as would be ridden on a 54-inch wheel.

The machine is painted black, and striped with gold and carmine.

No. 132. Price \$30 00

VAULTING STANDARDS.

The running high jump is a very vigorous exercise, calling into play the calf and front thigh muscles when no great height is attempted. Increased effort brings into play the muscles of the belly and arms. To be a good running high jumper it is very necessary to be a good vaulter over the horizontal bar.

No. 108. Nickel-plated standards telescoped in three sections, iron base. Graduated in $\frac{1}{4}$ inches. *Very light and very strong.* One feature that is commendable about these standards is, that the stick or rope is always on top.

Price complete, with shot bags and stick . . . \$25 00

No. 109. Wooden uprights graduated in $\frac{1}{4}$ inches, adjustable to 11 feet . . . 12 00

No. 110. Wooden uprights graduated in inches, adjustable to 10 feet . . . 8 00

No. 111. Wooden uprights graduated in inches, 7 feet high . . . 5 00

JUMPING STICKS.

No. 112. Hickory, per dozen . . . \$6 00

No. 113. Pine, per dozen . . . 1 50

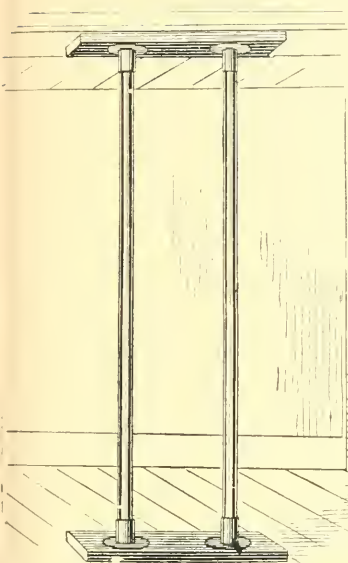
VAULTING POLES.

No. 114. Split ash, hollow, very light and strong, 12 to 14 feet long . . . \$6 50

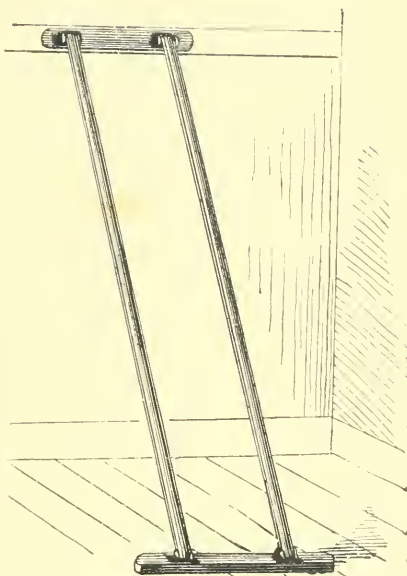
No. 115. Split hickory, 12 to 14 feet long . . . 5 00

No. 116. Split hickory, 10 feet and under . . . 3 50

CHEST BARS.



No. 103.



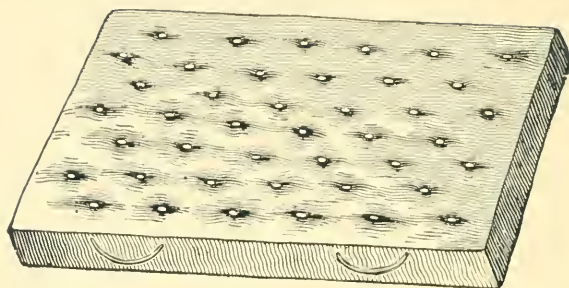
No. 107.

No. 103.	Single set of Bars (2), upright, 12 feet or less, complete, with base and cap boards	\$ 3 00
No. 104.	Double set of Bars (4), 12 feet or less, complete, with base and cap board	15 00
No. 105.	Triple set of Bars (6), 12 feet or less, complete, with base and cap board	22 00
No. 106.	Quadruple set of Bars (8), 12 feet or less, complete, with base and cap board	28 00
No. 107.	Inclined Bars, 12 feet or less, complete, with base and cap board. Per pair	8 00

For "*Wall-braced Bars*" add \$3.00 to each of the above-numbered bars, to pay for side guys and direct brace.

Where ceilings are higher than 12 feet, we would suggest ordering "*Wall-braced Bars*," unless you want them for the dual service of chest bars and double climbing poles. In that case 18-foot ones would be the best, if the ceiling will permit.

MATTRESSES.



GRADE A.

Made of best hair felt, 4 inches thick, covered with 6-oz. seal brown duck.

No. 101 A.	4 x 6	\$25 00
No. 102 A.	5 x 6	30 00
No. 103 A.	5 x 10	40 00
No. 104 A.	5 x 20	75 00

GRADE B.

Made of best hair felt, 2 inches thick, 6-oz. seal brown duck.

No. 100 B.	3 x 5	\$ 9 00
No. 101 B.	4 x 6	15 00
No. 102 B.	5 x 6	18 00
No. 103 B.	5 x 10	30 00
No. 104 B.	5 x 20	60 00

GRADE C.

Made of cheaper material, 4 inches thick, covered with good quality white canvas.

No. 100 C.	3 x 5	\$ 7 00
No. 101 C.	4 x 6	10 00
No. 102 C.	5 x 6	13 00

WRESTLING MATTRESSES.

No. 105.	4 x 12, 1-ply	\$ 25 00
No. 105.	4 x 12, 2-ply	30 00
No. 105.	4 x 12, 3-ply	35 00
No. 106.	15 x 16, 1-ply	120 00
No. 106.	15 x 16, 2-ply	170 00
No. 106.	15 x 16, 3-ply	200 00
No. 107.	Abdominal Mat	4 50
No. 108.	Abdominal Mat, adjustable frame	8 00
No. 109.	Abdominal Straps, canvas	1 50
No. 109 A.	Abdominal Straps, leather	3 00

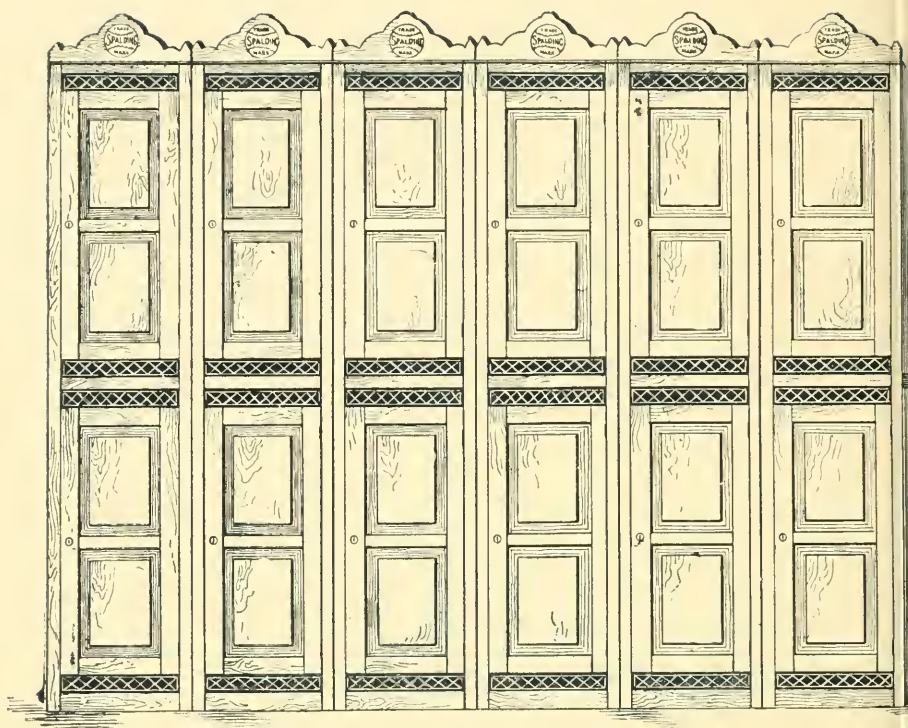
RUNNING TRACKS.

We are prepared to furnish estimates and plans for all kinds of running tracks. Our best tracks are made of a layer of hair felt, covered with heavy canvas, which is covered with an elastic cement. Full particulars and estimates will be furnished on application.



No. 133.	Price, 20 lbs. bags	\$5 00
No. 134.	Price, 10 lbs. bags	2 75
No. 135.	Price, 5 lbs. bags	1 75
No. 136.	Price, 3 lbs. bags	1 25
No. 137.	Price, 1 lb. bags	75

SPALDING'S GYMNASIUM LOCKERS.



Made of thoroughly seasoned poplar, with hard oil finish, in sections of two or more. Each closet is furnished with a Yale lock and two keys, no two locks alike. The doors of each closet are ventilated top and bottom. As these lockers are complete in each section, they can be made to fit any space, or new ones can be added without producing any irregularity in appearance. The manner in which these closets are constructed makes it a very simple matter for any one to put them together (a screw-driver being the only tool necessary), and by ordering them "knocked down," they can be packed in one-quarter of the space, making the freight charges correspondingly less. We are in a position to furnish estimates for special Lockers, such as are usually built in gymnasiums. These we make with wire backs and fronts, also with closed backs and wire fronts. Combination locks furnished when desired.

The dimensions of each locker are as follows: Width, 13 inches; Height 36 inches; Depth, 13½ inches.

No. 110. Price, per section (two lockers) . . . \$6 00

THE RUMSEY ELASTIC STRIKING AIR BAG.



There can be no question whatever, but that the best results of exercise can nowhere be secured in such perfection as in a perfectly appointed Gymnasium, under a competent and thorough teacher. At the same time it has been demonstrated beyond all question, that any man, woman or child can secure in the home, in the office, or in the shop, by means of a simple and inexpensive device, results that vie closely with the highest success of the gymnasium.

The above illustration shows the Rumsey Elastic Air Bag. It is suspended from the ceiling, at proper height, by a cord arranged so that the bag can be raised or lowered. It is attached to the floor with a rubber tube. The outside covering of the bag is made of soft, fancy ducking, which will not hurt tender hands. The inside of bag is strong rubber, inflated with air. The combination makes a very simple device, yet, until this was produced, the most prominent sparring experts were unable to find a bag that would combine quickness, strength and variety. It can be struck the most violent blow and will return quicker than an adversary's arm, yet it is so light that when received full in the face does no harm. It is wonderful what an amount of exercise can be had from it, and as a training to the eye it is unequalled.

Amateur sparrers, professional pugilists and business men use it and give it unanimous recommendation as the best exercise known.

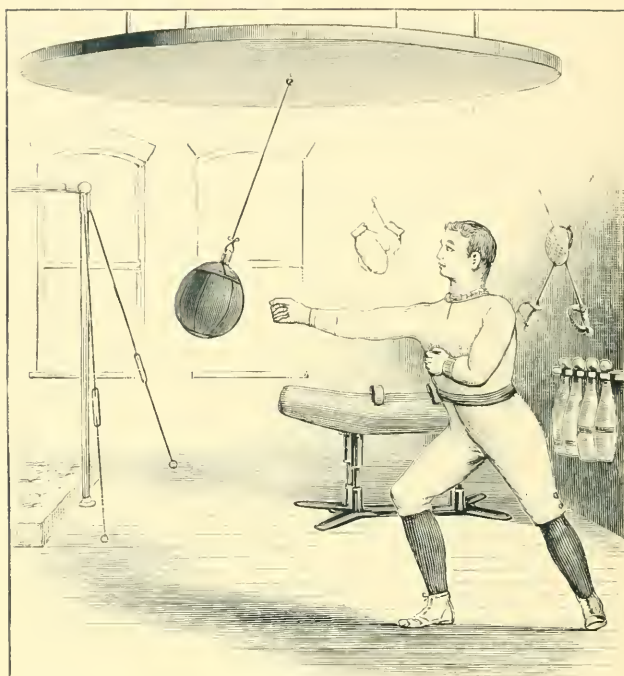
We make this bag in the following sizes:

No. 1. Men's Size—The popular size for general use, outside cover of soft, strong ducking	6 00
No. 2. Ladies' Size—Smaller than No. 1, cover of soft flannel	5 50
No. 3. Child's Size—Same cover as No. 2	5 50
No. 5. Large Gymnasium Size—Cover same as No. 1, extra heavy rubber bladder	7 00

HEAVY STRIKING BAGS.

No. 1. 10 lbs., leather covered	9 00
No. 2. 20 lbs., leather covered	12 00
No. 3. 25 lbs., leather covered	18 00
No. 4. 16 lbs., canvas clippings and canvas covered	4 00
No. 5. 20 lbs., canvas clippings and canvas covered	5 00
No. 6. 25 lbs., canvas clippings and canvas covered	6 00

THE M'CAFFREY STRIKING BAG.

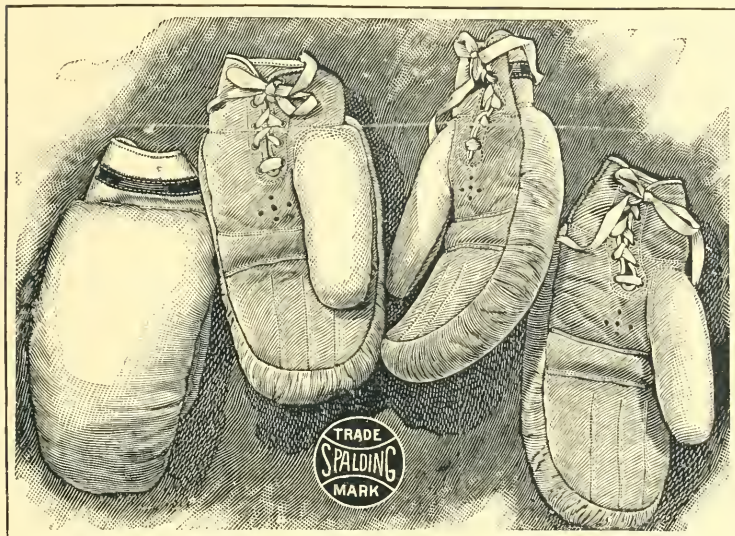


The inflated striking bag with platform originated with us, and its merit as a means of exercise is evidenced by the number of imitators that have sprung up.

The exercise gotten from it is universal. All muscles of the body are brought in play when fighting it, either directly or indirectly. The eyesight is quickened and improved. The fault of blinking when struck at can be overcome by its use.

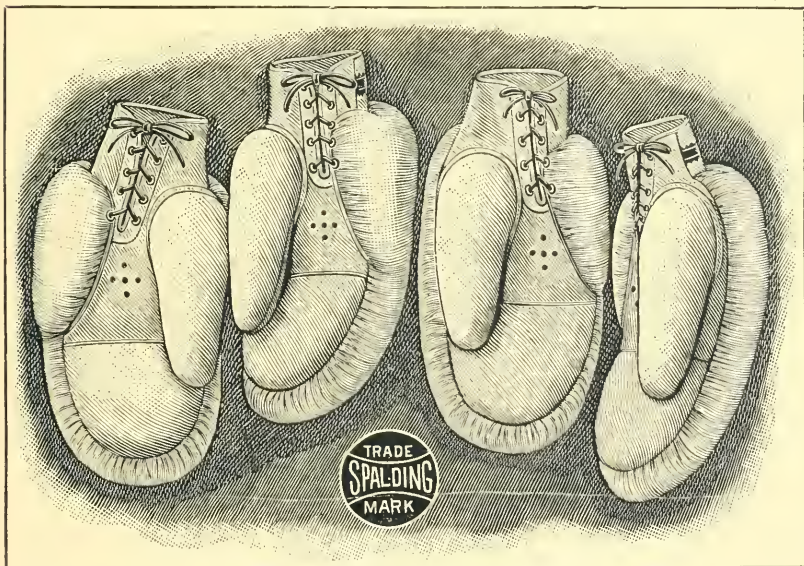
Price of Bag, made of horsehide, lined with canvas	\$ 8 00
Price of Bag, made of good leather, re-enforced	6 00
Price of platform, 6 feet in diameter, choice wood, substantially made	12 00
Standard $1\frac{1}{4}$ pipe 4 to platform, per foot	15
Standard flange, per set of 8	1 00
Guy wires, including turn-buckles and ceiling plates, per set of 4	4 00

SPALDING'S PATENT CALIFORNIA BOXING GLOVES.



Nos. 110 and 120.

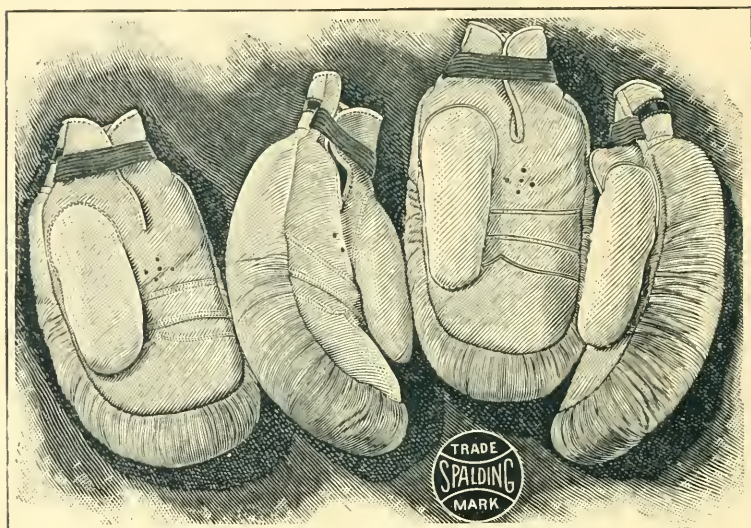
- No. 110. 5 oz. California Exhibition Glove, with *Graham Patent Safety Grip*. Lace front, made from fine dogskin, stuffed with best quality hair. Per set \$6 50
- No. 120. Same as No. 110, except made from *Fine White Kid*. Per set 6 50



No. 130, "Instructors' Safety Glove."

- No. 130. 7 oz. Instructors' Safety Glove, with *Graham Patent Finger Protector* and *Bennett New Heel Pad*, which gives absolute protection and makes it practically impossible for sparrers to get hurt. Lace front, made from finest California Tanned Kid. Stuffed with best quality hair. A large and safe glove. Per set \$7 50

SPALDING'S PATENT CALIFORNIA BOXING GLOVES.



No. 90, White Kid.

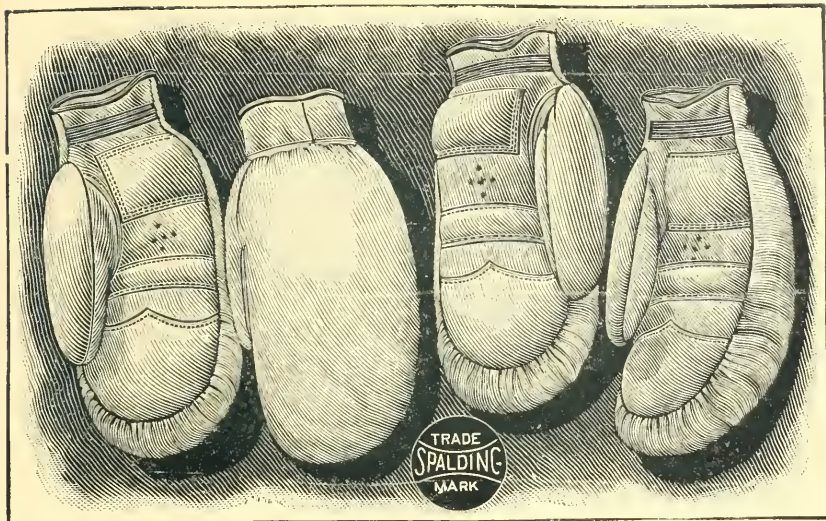
No. 90. 7 oz. California Sparring Glove, with *Graham Patent Safety Grip and Finger Protector*. Rubber band at wrist made from finest white kid. Stuffed with best quality hair. A large and soft glove. Per set . . . \$7 50



No. 100, Dog Skin.

No. 100. 7 oz. California Sparring Glove, with *Graham Patent Safety Grip and Finger Protector*. Lace front, made from fine dogskin. Stuffed with best quality hair. Per set . . . \$7 50

BOXING GLOVES.



No. 85. "Graham."

No. 80. "Graham" Patent Safety Glove, made of finest material, with
Graham's patent safety tip. Per set . . . \$7 00
No. 85. Same as No. 80, heel padded (see cut). Per set . . . 7 50



No. 65. "University."

No. 60. "University"—Fine White Kid, 7-ounce, large size, fully
stuffed; a soft, light glove for amateurs, ventilated palm. Set \$6 50
No. 65. "University"—Same as No. 60, heel padded (see cut). Per set 7 00

BOXING GLOVES.



No. 70. "Chandler."

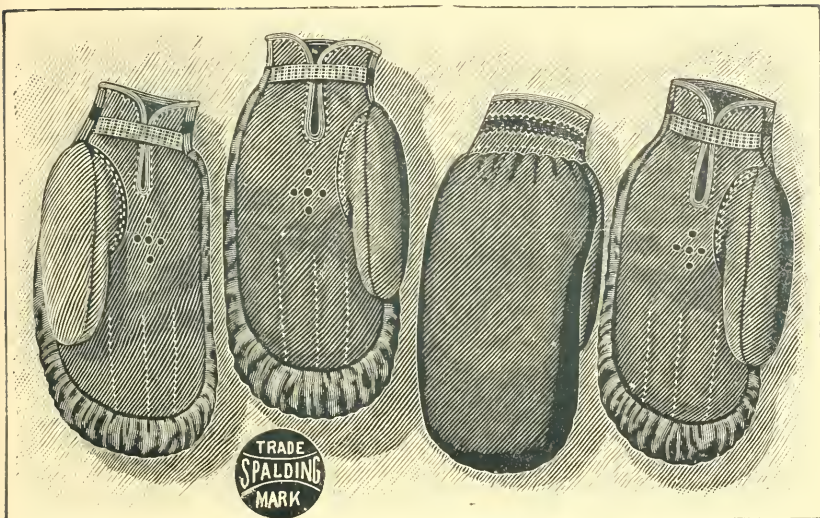
No. 70. "Chandler"—Professional 6-oz. White Kid Glove, same style as used by Chandler, Sullivan and other well-known boxers; a perfect glove for expert boxers. Per set, \$7 00



No. 75A. "Slugger."

No. 75. "Slugger"—4-oz. Professional Exhibition Fighting Glove, used by well-known boxers for severe slugging . . . Per set, \$6 00
 No. 75A. "Slugger"—2-oz. Hard Fighting Glove (see cut) " 6 00

BOXING GLOVES.



No. 40. "Mascot."

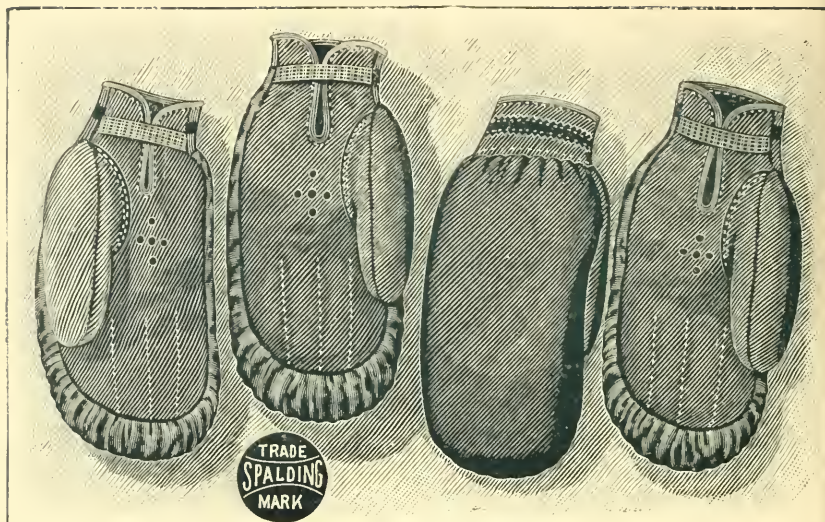
- No. 40. "Mascot."—An all Buckskin Glove, made of fine quality buck, very soft, large, 9-oz., and nice for Amateurs..... Per set, \$5 00
- No. 45. "Mascot."—All Buckskin Glove, large size, 9-oz., made of fine quality buck, same as No. 40, except heel padded..... " 5 50



No. 55. "London Prize."

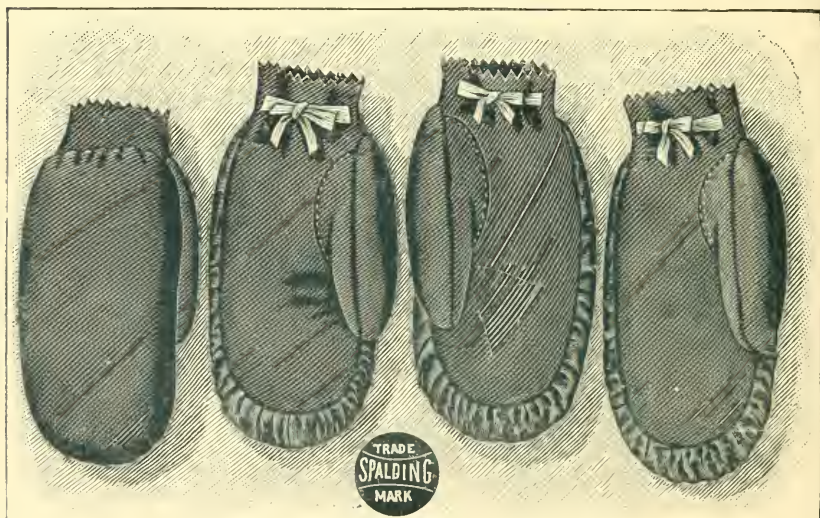
- No. 50. "London Prize."—A Superior Glove, 7-oz., kid back, tan palm, the most durable and best glove made for the price Per set, \$5 50
- No. 55. "London Prize."—A Superior Glove, well made, kid back, buckskin palm, heel padded, in every way first class (see cut)..... " 6 00

BOXING GLOVES.



No. D. "Favorite."

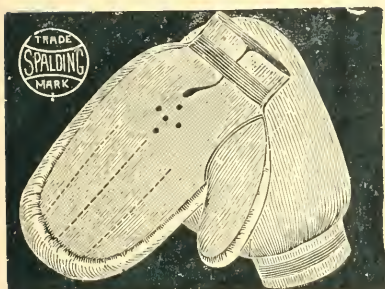
No. D. "Favorite"—all Kid, made after the new pattern, as shown in cut, per set	\$4 50
No. C. "Star"—Kid, tan palms; same style as No. D. per set	4 00



No. A "Junior," and B "Practice."

No. B. "Practice"—Men's size Boxing Gloves, chamois back, with tan palm; very durable, per set	\$3 00
No. A. "Junior"—Boys' size; same as No. B, per set	2 50

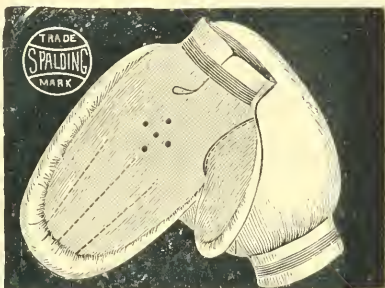
BOXING GLOVES AND SPARRING BLOUSE.



No. 40 B.

No. 40 B. Boys' size, same as No. 40.

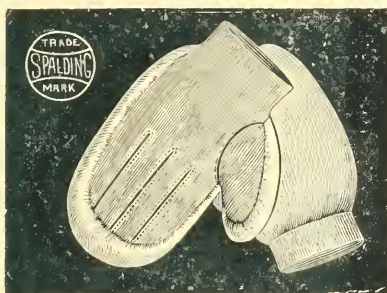
Price \$4 50



No. 50 B.

No. 50 B. Boys' size, same as No. 50.

Price \$5 00



Nos. AA and BB.

No. BB. Men's size Boxing Gloves, chamois back, with tan palms; cheapest glove made. Per set \$2 00

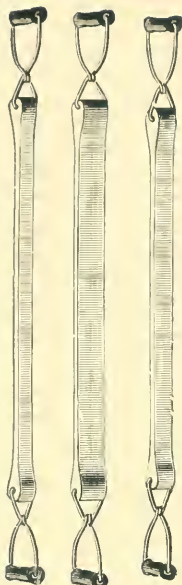
No. AA. Boys' size; same as No. BB; per set 1 50

Our new "SPARRING BLOUSE" is something long needed by teaches of sparring. It is made of fine flannel, with an inflated air bosom. By wearing this a teacher can receive the heaviest blows on the chest without feeling them. There are some points in sparring that would be of more benefit to the pupil were his blows not "stopped." As no professor wishes to make a martyr of himself by not "stopping" his pupil, we would suggest trying a sparring blouse.

Price, any color flannel, \$3 00



SPALDING'S SPARRING BLOUSE.



RUBBER HEALTH PULLS,

Or Pocket Gymnasiums.

The Spalding Flat Rubber Straps or Pocket Gymnasiums are made of a pure rubber, and are by far the best rubber health pulls made.

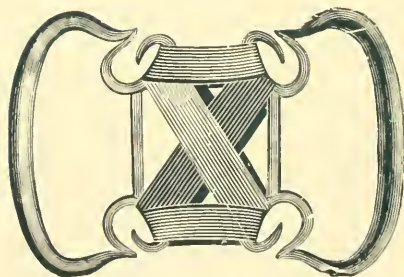
	Each.
No. A. Smallest size, intended for children or for young ladies	\$1 50
No. B. Medium size for ordinary use of gentlemen	1 75
No. C. Largest size for strong men	2 00

GOODYEAR'S ROUND RUBBER HEALTH PULL.



	Each.
No. 1. For children from 4 to 6 years	\$1 00
No. 2. For children from 6 to 8 years	1 10
No. 3. For children from 9 to 10 years	1 20
No. 4. For children from 10 to 14 years	1 30
No. 5. For ladies and children, 14 years and upward	1 40
No. 6. For gentlemen of moderate strength	1 50
No. 7. Used by women, children or men; is fitted with a screw eye to attach to wall or floor	2 00
No. 8. For gentlemen of extra strength, made like No. 7	2 50

EASTMAN'S CALISTHENICS.



A complete system of Calisthenics, brought within the compass of a single instrument of not above a pound in weight. The handles are of iron, and are connected with rubber bands.

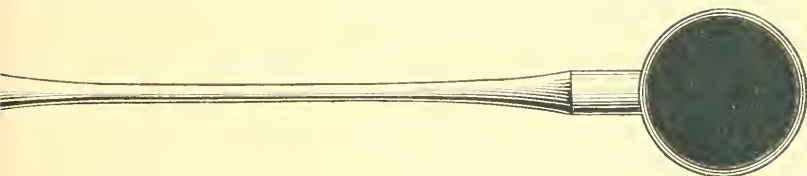
No. 1. Japanned, with book of instructions. Per pair	\$0 50
No. 2. Nickel-plated, with book of instructions. Per pair	1 00

IMPLEMENTS FOR ATHLETIC GAMES



SOLID SHOT.
(Regulation.)

Iron.		Lead.	
12 lbs.	\$0 75	12 lbs.	\$4 25
16 lbs.	1 00	16 lbs.	5 25
20 lbs.	1 25	20 lbs.	6 25



HAMMERS.

Iron.		Lead.	
12 lbs.	\$2 00	12 lbs.	\$5 00
16 lbs.	2 25	16 lbs.	6 00
20 lbs.	2 50	20 lbs.	7 00
Handles only			1 00



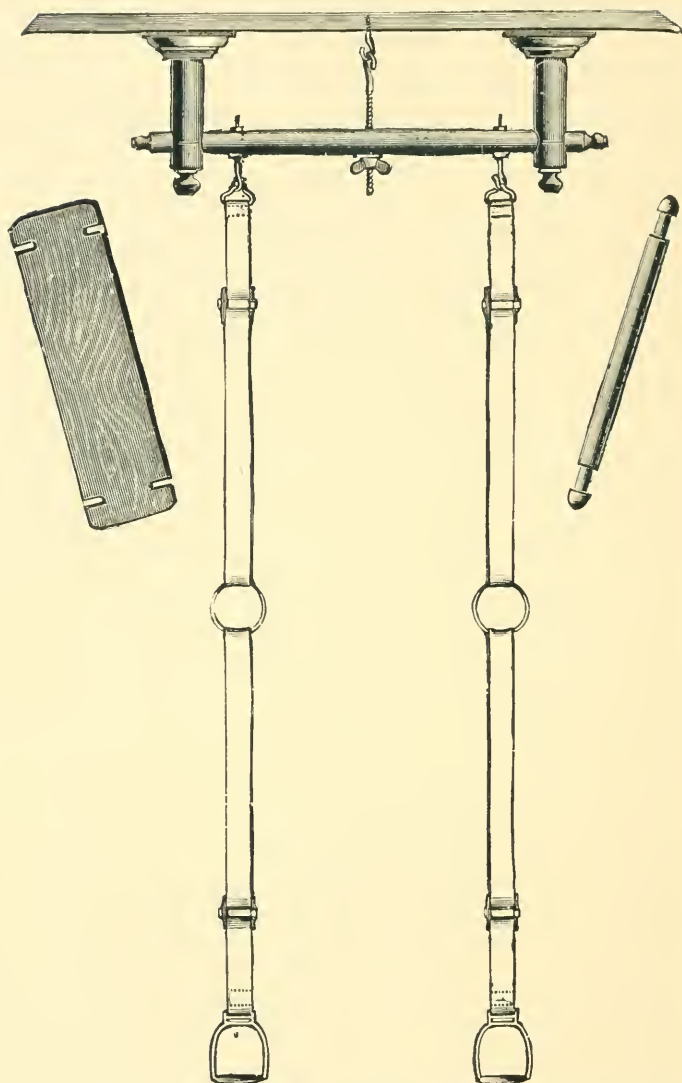
56 POUND WEIGHT.

Iron.		Lead.	
56 lbs.	\$3 50	56 lbs.	\$15 00

INDOOR SHOT.

12 lbs., double leather covers	\$5 50
16 lbs., double leather covers	6 00

SPALDING'S PLAYROOM GYMNASIUM.



By this new and useful device a complete gymnasium can be suspended from the ceiling without injury to the same ; only one hook is necessary to fasten the "Bridge" securely. To prevent injury to the ceiling, each base is lined with thick felt ; the *swinging apparatus* consists of swinging rings, swinging stirrups, trapeze bar and child's swing. The apparatus can be lengthened, shortened, or disconnected by means of the adjusting buckles ; when not in use it can be taken down, leaving only the "Bridge," and as that is made of ash, highly polished, it is quite ornamental.

Directions : To use as a swing, insert the seat between the stirrups. To use as swinging rings, disconnect the stirrups. To use as a trapeze, substitute the bar for the rings.

Price complete

\$6 00

FENCING FOILS OF OUR OWN IMPORTATION.



- Per pair.
- No. 1. Ordinary steel blades, iron mounted handles . . . \$1 50
- No. 2. Good Solingen steel blades, brass mounted . . . 2 50
- No. 3. Fine Solingen steel blades, brass mounted . . . 3 50
- No. 4. Best Solingen steel blades, highly finished, curved handles, neatly bound and wound with gilt cord . . . 5 00

FOIL BLADES.

As we do not guarantee Foils against breaking, there is a large demand for blades and we have imported a large stock which we offer at the following low prices:

- | | Each. |
|--|--------|
| No. 1. Ordinary steel blade, same as in No. 1 Foil . . . | \$0 50 |
| No. 2. Good steel blade, same as in No. 2 Foil . . . | 75 |
| No. 3. Fine steel blade, same as in No. 3 Foil . . . | 1 00 |
| No. 4. Best steel blade, same as in No. 4 Foil . . . | 1 50 |

FENCING SWORDS.

- | | Per pair. |
|----------------------------------|-----------|
| Fine Imported Combat Sword . . . | \$6 00 |
| Fine Haute Rapiet . . . | 6 00 |
| Wooden Fencing Swords . . . | 2 00 |



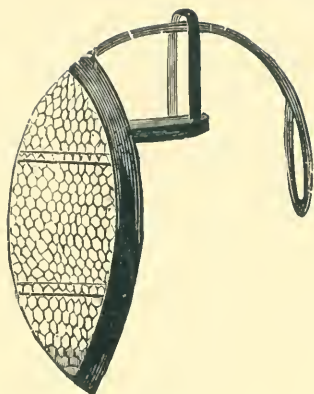
WILLOW BASKET FENCING STICKS.



Price, per pair . . . \$1 25

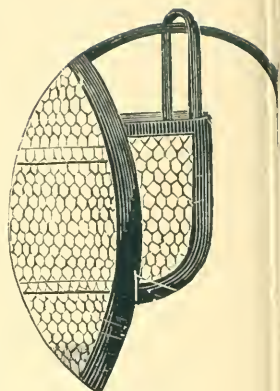
FENCING SUNDRIES.

MASKS



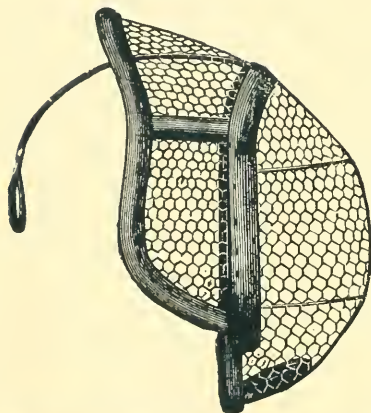
No. 1.

	Per Pair
No. 1 Plain Fencing Masks	\$2 50
No. 2 Ear Protector, Fencing Masks	3 00
No. 3, Ear and Forehead Protector Fencing Masks	4 00
No. 4, Rapier Masks	10 00
No. 5, Basket Helmets	6 00



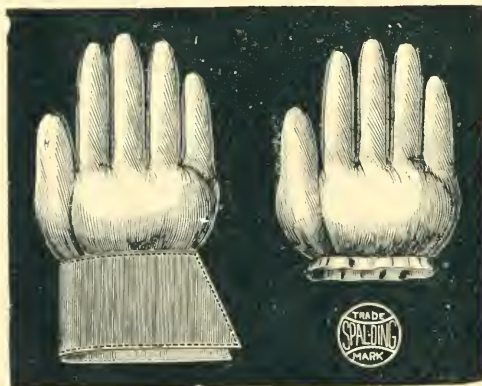
No. 2.

FENCING GLOVES, ETC.



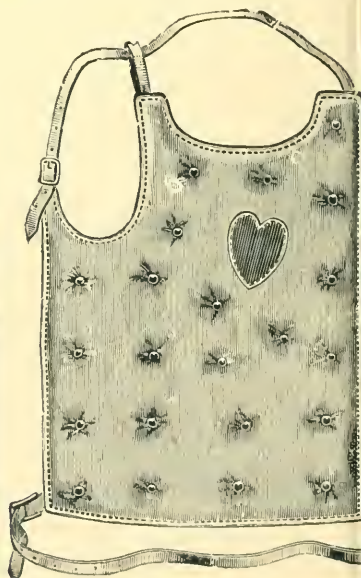
No. 3.

	Each.	Per Pair
No. 1. Fencing Glove, padded, without gauntlet	\$1 00	\$2 00
No. 2. Fencing Gauntlet Glove, padded	1 50	3 00
No. 3. Fencing Plastron for protection of chest	2 00	4 00



No. 2.

No. 1.



No. 3.

TRADE-MARK MAPLE INDIAN CLUBS.

Made of selected stock, hard oil finished and warranted free from check and knots. The clubs are fully up to *size* as well as *weight*. There is a cheap maple that is heavy and soggy. By using this kind an ordinary 3 lb. club will weigh 4 lbs., and are so marked by manufacturers who make a claim of selling cheap Indian clubs. As maple is sold by measure and not by weight, a little calculation will show that at least 20 per cent. is saved by using soggy wood in *quantity*, besides what is saved in *quality*. The balance and shape are perfect. Weight in pounds stamped on each club.

MAPLE CLUBS.

Made of a good quality maple, finished in hard oil. Each pair wrapped in a paper bag.

Weight, lbs.,	$1\frac{1}{2}$	$3\frac{1}{4}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3	4	5	6	7	8
Per pair,	30c.	35c.	40c.	45c.	50c.	60c.	65c.	90c.	\$1.15	1.35	1.50	1.60

ROSEWOOD FINISH CLUBS.

Made of good quality maple. A beautiful Rosewood Finished Club at a low price.

Weight, lbs.,	1	2	3	4	5	6
Per pair,	80c.	\$1.00	1.25	1.50	2.00	2.25

EBONITE INDIAN CLUBS.

Made of choicest timber, handsomely finished in Ebonite. The most beautiful club made.

Weight, lbs.,	1	2	3	4	5	6
Per pair,	80c.	\$1.00	1.25	1.50	2.00	2.25

EXHIBITION INDIAN CLUBS.

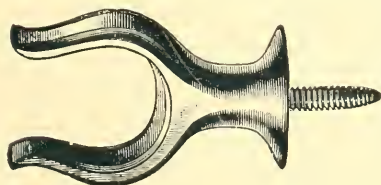
Made in four sizes only: 3 lb. size weighing from 1 lb. to 2 lbs., 5 lb. size weighing from 2 lbs. to 3 lbs., 7 lb. size weighing from 3 lbs. to 4 lbs., 10 lb. size weighing from 4 lbs. to 5 lbs. Very handsomely finished with Ebonite band gilt beads. Just the club for exhibition purposes.

Size,	3 lbs.	5 lbs.	7 lbs.	10 lbs.
Weight, about,	1 lb.	2 lbs.	3 lbs.	4 lbs.
Per pair,	\$2.00	3.00	4.00	5.00
Handsome Stage Club, hollow, nickel tips, 4 lb. size. Per pair				\$6.00

POLISHED ASH BAR BELLS.

4½ feet long. Per doz.	\$5.00
5 feet long. Per doz.	6.00

INDIAN CLUB HANGER.



Every person who owns a pair of Indian Clubs or Dumb Bells should have these. They are made from good iron, handsomely japanned and finished, can be put up in a moment, and will hold any size Indian Club or Dumb-Bell equally well in a wood partition or plastered wall. Indispensable to gymnasiums.

Price, per pair 20c.

Special prices on quantities.



SPALDING'S ADJUST- ABLE INDIAN CLUBS.

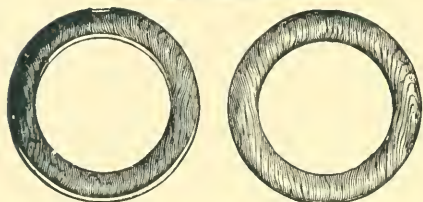
SIXTEEN PAIRS IN ONE.

Can be adjusted from 2 to 10 pounds in $\frac{1}{2}$ -lb. weights, making 16 pairs of clubs in one.

The weights (one or more) can be fastened to any part of the rod, thereby preserving the perfect balance of the clubs at all weights.

Simple in construction and always in order.

Price, per pair . . . \$4 00



WOODEN EXERCISING RINGS.

Made of three thicknesses of black walnut and maple glued together, with grain of wood crossing. Very strong.

Per pair . . . \$0 75

Made from one piece of solid maple, good quality, per pair . 50



WANDS.

Made from straight grained maple, mahogany finish, $3\frac{1}{2}$, 4, $4\frac{1}{2}$ and 5 feet. Per doz. \$1 50
Black Walnut Wands, $3\frac{1}{2}$ feet. Per doz. 3 00

DUMB-BELLS.

MAPLE WOOD DUMB-BELLS.

We manufacture a superior line of Wooden Dumb-Bells, of polished maple, especially adapted for ladies' and children's use.

We supply seminaries, kindergartens, ladies' gymnasiums and calisthenic clubs, at special prices for large orders.

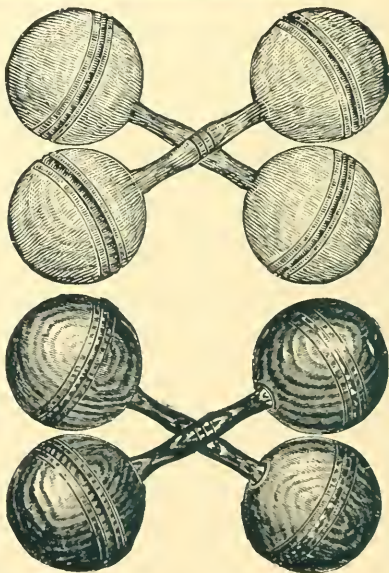
PRICE LIST.

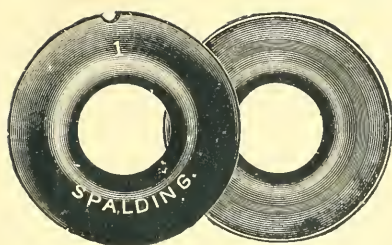
Weight, $\frac{1}{4}$ lb. $\frac{1}{2}$ lb. $\frac{3}{4}$ lb. 1 lb. 2 lbs. 3 lbs. 4 lbs.
Per pair, 25c. 28c. 30c. 40c. 45c. 60c. 75c.

ROSEWOOD FINISH WOODEN DUMB-BELLS.

A very handsome Dumb-Bell, and recommended for home use.

Weight, each, $\frac{1}{2}$ lb. $\frac{3}{4}$ lb. 1 lb. 2 lbs. 3 lbs. 4 lbs.
Price, per pair, 40c. 45c. 50c. 60c. 70c. 80c.





ENGLISH MODEL JAPPANED IRON QUITTS.

No. 1.	4½ inches in diameter, weight 7½ lbs.	Per set of four	\$0 7
No. 2.	5 inches in diameter, weight 10 lbs.	Per set of four	8
No. 3.	5½ inches in diameter, weight 11½ lbs.	Per set of four	9
No. 4.	6 inches in diameter, weight 13 lbs.	Per set of four	1 00

LONDON PATTERN ENGLISH MAKE.

Superior Forged Steel Quoits, polished. These are very superior, turned true and made to proper weights. One set of these is equal to four sets of iron make.

2 lbs., two Quoits.	Each, per pair	\$2 50
2½ lbs., two Quoits.	Each, per pair	3 00
3 lbs., two Quoits.	Each, per pair	3 75
3½ lbs., two Quoits.	Each, per pair	4 25
4 lbs., two Quoits.	Each, per pair	4 75
Wrought Iron Pins for the above.	Per pair	50

IRON DUMB-BELLS.

Made on most approved models, covered with black Japan. Per lb., 5 cents.

Weight,	2 lbs.	3 lbs.	4 lbs.	5 lbs.	6 lbs.
Per pair,	20c	30c	40c	50c	60c

Weight,	7 lbs.	8 lbs.	9 lbs.	10 lbs.	12 lbs.
Per pair,	70c	80c	90c	\$1.00	\$1.20

Weight,	15 lbs.	20 lbs.	25 lbs.	40 lbs.
Per pair,	\$1.50	\$2.00	\$2.50	\$4.00

Heavy weight Dumb-Bells, we make with wrought iron handles at 8 cents per lb.

PRICES.

Weight,	50 lbs.	75 lbs.	100 lbs.
Each,	\$4.00	\$6.00	\$8.00

Special rates made to Gymnasiums on large orders.

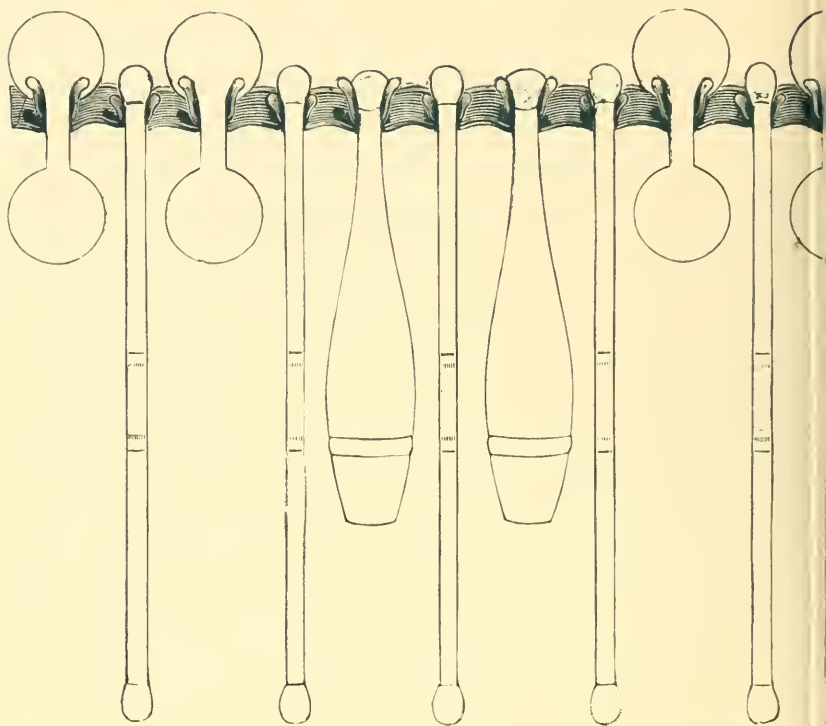
DUMB-BELL NEST.

Our Nest of Dumb-Bells is something that should be in every house. It consists of one pair each of 1 lb., 2 lb., 3 lb., and 5 lb. bells, with one pair of wooden handles, with a thread on each end and a corresponding thread in the bell. Put up in a nice wooden box.

Price, complete	\$1 50
Extra handles, per pair	10

ADJUSTABLE BELLS.

Adjustable from 10 to 150 lbs., two bars, long and short, nickeled	\$20 00
Extra set of deceptive weights, ¼ of the ordinary weight	6 00



INDIAN CLUB, DUMB-BELL AND WAND HOLDER.

The above illustration shows our Indian Club, Dumb-Bell and Wand Holder, made in sections, holding one pair of Indian Clubs, one pair Dumb-Bells, and one Wand each.

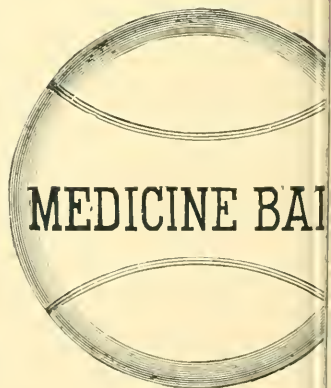
Price per section	\$0 65
Club Holders, per pair	10

SPALDING'S MEDICINE BALL.

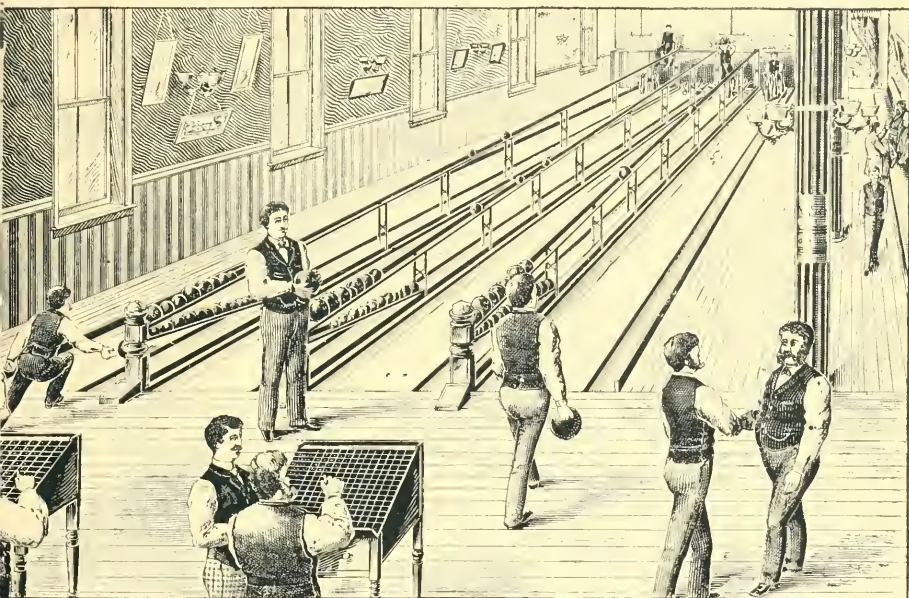
The Medicine or Push Ball is (comparatively speaking) a new article or appliance for exercising purposes, but an excellent one nevertheless.

The ball is from 10 to 15 inches in diameter, the inside is made of felt, and the outside covering of calf-skin, and will weigh from 6 to 10 lbs. The exercise consists of throwing it to one another, and the catching of it develops the chest, exercises the back, arms, legs—in fact it improves the whole system. Besides being beneficial it is very amusing, as any number can exercise with it at the same time.

Price, No. 1	\$10 00
Price, No. 2	8 00
Price, No. 3	6 00



TEN-PIN BALLS AND PINS FOR BOWLING ALLEYS.



The balls of our manufacture are of the best lignum vitæ. Pins of maple. The complement of Balls furnished by us for two Alleys consists of four each, $8\frac{1}{2}$, 8, $7\frac{1}{2}$ and 7 inch ; and two each, $6\frac{1}{2}$, 6, $5\frac{1}{2}$, 5 and $4\frac{1}{2}$ inch, together with two sets of pins. When boxed, ready for shipment, will weigh about 400 pounds.

9 inch Ball. Each	\$3 00
Regulation Ball, 27 inch circumference. Each	4 50
$8\frac{1}{2}$ inch Ball. Each	4 00
8 inch Ball. Each	3 75
$7\frac{1}{2}$ inch Ball. Each	3 50
7 inch Ball. Each	3 25
$6\frac{1}{2}$ inch Ball. Each	2 50
6 inch Ball. Each	2 25
$5\frac{1}{2}$ inch Ball. Each	1 88
5 inch Ball. Each	1 50
$4\frac{1}{2}$ inch Ball. Each	1 25
4 inch Ball. Each	1 00
Ten Pins. Per set	4 00
Foot Chalk. Per Box	1 00
Sponges. Per piece	\$0 75 to 2 00
Swing Cushions. Each	7 50
Rubber for Newels. Each	75 to 1 00
Blackboards. Each	4 00
Mahogany framed Slates, for top of Newel. Each	8 00
Extra large Slates, no frame. Each	8 00
Brass Sponge Cups, nickel-plated. Each	4 50
Extra Tin Sponge Cups, nickel-plated. Each	1 50
Sponge Cups, for top of Newel, brass lined. Each	\$3 00 to 4 50
Spots. Per set	1 50

TEN-PIN ALLEY FITTINGS.

Owing to the bulk and weight of Ten-Pin Balls, Pins and Alley Fittings in general, we are averse to sending goods of that nature by express, C. O. D. All out-of-town orders must invariably be accompanied by a money order or draft, covering amount of bill ; goods will then be forwarded by freight or express, thereby saving our patrons the return charges.

All orders for Ten-Pin Balls should state whether they are desired with or without finger-holes. Estimates for building Alleys furnished on application.

TEN-PIN SCORE BOOKS.

No. 1.	Improved Score Book, National Bowling Association, 30 games, each	\$1 25
No. 2.	Improved Score Book, National Bowling Association, 60 games, each	1 75
No. 3.	Improved Score Book, National Bowling Association, 120 games, each	2 50

OUR FACILITIES FOR BUILDING BOWLING ALLEYS

Are such that we know we can supply them as cheap as any manufacturer in the country, taking as a basis first-class material and good workmanship.

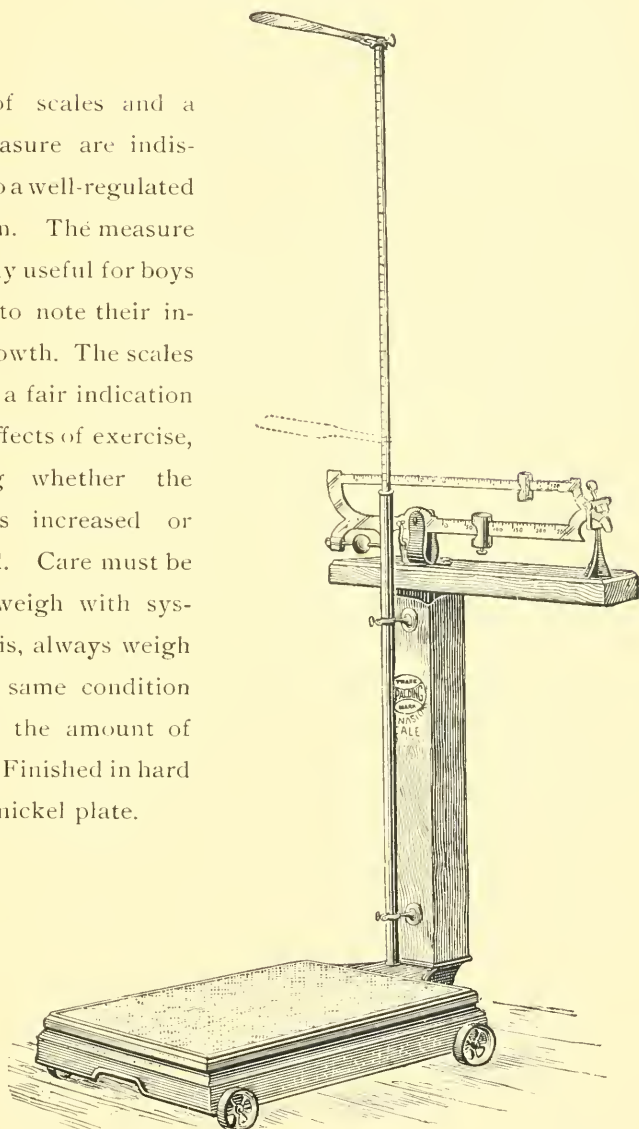
We estimate so much per running foot, and include the alley proper and all the appointments, exclusive of balls and pins.

In writing for estimates state whether the alley is to be laid on the ground floor, and if concreted or across joists.

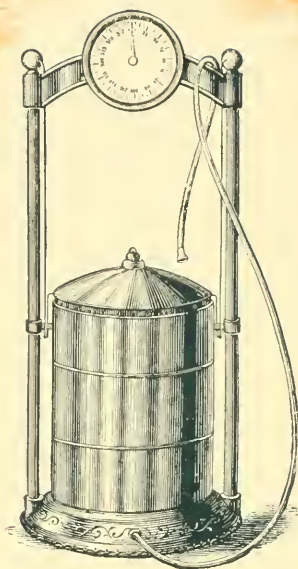
SPALDING'S GYMNASIUM SCALES, WITH MEASURING ATTACHMENT.

(English and French System.)

A set of scales and a height measure are indispensable to a well-regulated gymnasium. The measure is especially useful for boys and girls to note their increased growth. The scales always are a fair indication as to the effects of exercise, by telling whether the weight has increased or diminished. Care must be taken to weigh with system; that is, always weigh under the same condition as regards the amount of clothing. Finished in hard wood and nickel plate.



Price \$54 00



SPIROMETER.

Position—Face spirometer, head up, shoulders well back.

Motion—Take deep breath, place tube in mouth and blow steadily, but neither quick nor slow.

The deep inspiration exercises the inspiratory muscles and especially the diaphragm, while the expiration causes a strong contraction of the muscles of expiration. A truly fine respiratory exercise, and more valuable than is generally supposed.

These Spirometers are especially adapted for gymnasiums, museums, recruiting offices, etc.

Made of brass throughout, handsomely nickel-plated. Easily repaired, as the stringing is done on the outside.

Price \$30 00

SPALDING'S LIBRARY OF ATHLETIC SPORTS.

ATHLETIC SERIES.—The aim of the various manuals or hand-books constituting our *athletic series* will be to educate the readers in each particular game or sport in which they may be interested. A long experience in sporting matters induces a belief that thorough descriptions, accompanied by the necessary illustrations, will enable those who, by force of circumstances, are deprived of the opportunity of obtaining practical instruction or accurate knowledge to become proficient without such instruction.

No.	Each.
1. Spalding's Official Base Ball Guide.—The standard authority on Base Ball, and only complete Base Ball Guide published. Contains official playing rules, and records of all championship games, the championship records of the Northwestern League, Eastern League, Association and College Association	\$0 10
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